

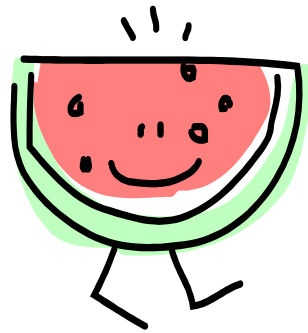


Expanded Food and Nutrition Education Program

Feeding Families Better for less!!

Purdue University offers fun and FREE information and demonstrations on food, nutrition, and diet:

- Discuss a variety of food and nutrition topics such as making food dollars stretch, how to improve food safety skills, how to select and buy food for your family, and how to prepare quick, tasty and healthy foods.
- Hands on activities
- Learn and sample tasty, low-cost recipes



You will receive many items for your participation such as:

- Instant read thermometer
- Pedometer
- Measuring cups
- Cutting board
- And more!!
- * Grocery lists
- * Cookbooks
- * Calendar
- * Spatula

To qualify: * You must have a child age 12 or under or be pregnant

* You must participate in WIC, Food Stamps, TANF, Head Start, Hoosier Healthwise OR have limited income/resources

Please contact: Belinda Stepnowski, B. A., Family Nutrition Advisor at (219)755-3240 or at (219)741-0660

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration(FSSA) and the U.S. Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA, and USDA are equal opportunity/equal access/affirmative action institutions. The material was funded by USDA's Supplemental Nutrition Assistance Program. Snap-Ed helps end hunger & provides healthy foods for low-income families. To find out more contact your local office of Family Resources at (219) 947-2787.

A HEALTHY PARENTING WORKSHOP COMING TO YOU FROM . . .



open to all parents of children birth2eighteen.