



ever wonder... Does good nutrition make a difference?

Years of research says it does. In fact, children who eat breakfast are better learners. Adults who eat well are more productive employees. With good nutrition, seniors stay in their homes longer and have lower medical bills. In short, the better we eat, the better we feel and live.

People with limited resources often run short of food at the end of the month – or may not realize how they could make better choices at the store or good use of the food they bring home.

a simple alternative...

University of Minnesota Extension offers Nutrition Education Programs to teach families the information and skills to maintain healthy diets.

The Nutrition Education Programs build upon existing, successful programs funded by the USDA such as FSNE (Food Stamp Nutrition Education) and EFNEP (Expanded Food and Nutrition Education Program). The programs provide lessons and services that make participation easy and appealing.

The curriculum covers topics such as the importance of eating breakfast, eating balanced meals, stretching food dollars, and making meals with whatever food is on hand. The Nutrition Education Programs provide lessons, displays, newsletters, handouts, and other activities designed for a variety of audiences – parents, children, seniors, young families, and ethnically diverse audiences. The programs take into account variables such as age, culture, reading ability, physical or developmental limitations, and more.

taking it to the streets...

Nutrition education classes are offered in a wide variety of community settings, including food shelves, WIC clinics, senior citizen centers, day-care centers, shelters, migrant centers, summer camps, low-income housing, and local grocery stores. The program staff are willing to go to almost any site accessible to people who want and need the information. In many cases, the Nutrition Education Programs also offer one-on-one, hands-on coaching in people's homes, showing families how to plan and prepare meals on a limited budget.

food for thought...

More than thirty years of University experience with low-income nutrition education and research has demonstrated that families who learn how to manage their diet and food budgets often begin taking charge of other aspects of their lives. For many families, the Nutrition Education Programs will provide an important first step on the road to self sufficiency.

it's your call...

For information on the Nutrition Education Programs available in your area, contact your University of Minnesota Extension Regional Center or Health and Nutrition Programs at 612-625-8260; or visit us on the Web at <http://www.extension.umn.edu/Nutrition>

Contributing to stronger, healthier communities by providing nutrition and food resource education to persons with limited incomes.

