

**The Family Nutrition Program helps individuals and families to select nutritious foods that fit within their budget.**

Learn how to:

- Invest your food dollars into the best nutritious food choices.
- Stretch your food dollars to last the whole month.
- Make healthy choices when eating out.
- Protect your family from foodborne illnesses.
- Plan meals that your family will love!



The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services and the United States Department of Agriculture. Purdue University Cooperative Extension Service and USDA are affirmative action/equal opportunity institutions.

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# Family Nutrition Program

Ashley E. Roberts  
Family Nutrition Program Assistant



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## Come Learn with Us!

- See live cooking demonstrations!
- Sample the food prepared!
- Participate in hands-on-activities!
- Receive easy low-cost recipes!

**Earn a FREE cookbook!**



## It's FREE and FUN!

**FREE** informal programs in your home or at a community setting for individuals and groups! It is so fun you will look forward to the next program!

**Ashley E. Roberts**  
**Family Nutrition Program**  
Lawrence Co. Extension Office  
924 16<sup>th</sup> Street  
Bedford, IN 47421  
Office phone: (812)275-4623  
Fax: (812)275-4131  
E-Mail: [robertae@purdue.edu](mailto:robertae@purdue.edu)

## Anytime Pizza

Serves: 2



### Ingredients

- 2 split English muffins
- ½ cup pizza sauce
- ½ cup cheese, low-fat shredded mozzarella or cheddar
- 3 Tbsp chopped green pepper
- 3 Tbsp sliced mushrooms, fresh or canned
- Italian seasoning (optional)

### Directions

1. Toast English muffins until slightly brown.
2. Top muffin with pizza sauce, low-fat cheese and vegetables.
3. Sprinkle with Italian seasoning as desired.
4. Place pizzas on baking sheet and heat in 350° oven until cheese melts.

Source: Food Stamp Nutrition Connection  
<http://recipefinder.nal.usda.gov/>

Take Charge of Your Health!

Eat Better for Less!

Yes! I would like a **free** lesson from the Family Nutrition Program!

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**County:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_

**For more information about the program, contact:**

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