



## FAMILY NUTRITION PROGRAM

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Family Nutrition participants are taught in groups or in individual sessions by paraprofessional nutrition instructors. Using practical, experiential activities, these instructors teach basic nutrition, menu planning, food safety, budgeting, food selection, and shopping.

Family Nutrition Program's mission is to increase the ability of individuals and families with limited resources to utilize their food dollars and stamps appropriately and to provide a safe meal environment. This mission is accomplished by providing free, informal, and easily accessible educational programs in the home and community. These programs focus on developing knowledge and skills related to nutrition and meal planning; food purchasing, preparation, and safety; and resource management.

The Family Nutrition Program operates in approximately one-third of the Indiana counties through Purdue University Cooperative Extension Service, in collaboration with Indiana Family & Social Services and the United States Department of Agriculture.

### CLIENTELE/AGENCIES

Targeted audiences include families, single adults, youth, and special audiences.

Examples of community agency contacts include, but are not limited to: WIC, IMPACT, Step Ahead, Head Start, Healthy Mother-Healthy Babies, HUD, Family Services, Food Pantries, Soup Kitchens, Commodity Foods, Senior Citizen Centers, Alternative Schools, March of Dimes, United Way, and Title One Schools.

### CONTENT

Typical Lessons Include:

- ✳ Why Eat Breakfast
- ✳ Stretching Your Food Dollars
- ✳ Eating on the Run
- ✳ Low Fat Shopping & Cooking
- ✳ Shopping Basics
- ✳ Healthy Snacks
- ✳ Avoiding Food Poisoning

- ✳ Making Something Grand from what's on Hand
- ✳ Choose 5 a Day-Fruits & Vegetables

## **DELIVERY**

Both content and delivery methods are tailored to meet the needs of the target audience in each project area. Handouts and newsletters give clients the chance to take home what they have learned.

For More Information Contact [Ava Santoro](#)

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

This material was funded by USDA's Food Stamp Program.

The Food Stamp Program helps end hunger and provides healthy foods for low-income families.

To find out more about food stamp benefits call 1-800-403-0864.