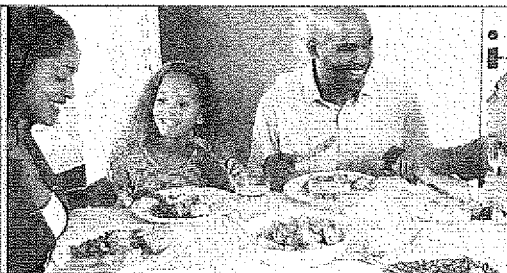


# The Virginia Family Nutrition Program

**Eating Smart • Being Active**  
a free 6-session program



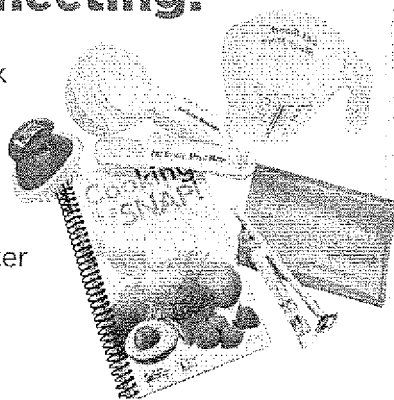
## Take charge of your health today!

Join us and start your journey to better living.  
In our program you will learn how to:

- Be active with the whole family
- Plan meals, shop, and save money
- Fill half of your plate with colorful fruits and vegetables
- Find out why you need fiber and how to get enough
- Discover why you still need dairy foods as an adult
- Choose lean protein foods, including vegetarian options
- Make small changes that will lead to healthier living
- Prepare new recipes your kids will love

## Fun gifts at each meeting!

- "Cooking is a SNAP" Cookbook
- Measuring cups and spoons
- Vegetable scrub brush
- Exercise stretch band
- Food & refrigerator thermometer
- Water bottle
- Grocery list pad



**Virginia Cooperative Extension**  
Virginia Tech • Virginia State University

[www.ext.vt.edu](http://www.ext.vt.edu)

**Eat Smart • Move More**  
Virginia Cooperative Extension • Family Nutrition Program

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP, which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.

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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in the activity, please call the person listed in the above contact information or (800) 828-9120 TDD during business hours to discuss accommodations 5 days prior to the event.

### Join Us!

Churchland Primary School  
5700 Hedgerow Ln, Portsmouth, VA 23703

Meetings are located in the  
Parent Resource Center on the  
following Tuesdays:

2/27/18	10 a.m.-11 a.m.
3/6/18	10 a.m.-11 a.m.
3/13/18	11 a.m.-12 p.m.
4/17/18	10 a.m.-11 a.m.
4/24/18	10 a.m.-11 a.m.
5/1/18	10 a.m.-11 a.m.

Follow Us | Like Us



"I loved learning to prepare new health foods that fit in my budget."

"I realized how much sugar was in my drinks, made a change, and I've already lost a few pounds."

"Our group leader inspired me to make simple changes that have helped me feel great."

"I was so sad when the class was over. I'm ready to sign up again."