

The Virginia Family Nutrition Program

A Healthy Family Starts with *You!*



Team up with us to take charge of your health now!



Our free meetings:

- Offer hands-on sessions to inspire healthy living
- Teach participants how to cook delicious, low-cost recipes that fit into their budget
- Provide tips on meal planning and food shopping to save time and money
- Show ways to be more active
- Take place in group settings that encourage friendship and support a healthy living journey

Come join the Family Nutrition Program and get many of these FREE...



Join Us!

For more information contact:

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“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!”

Virginia Cooperative Extension
Virginia Tech • Virginia State University

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

www.ext.vt.edu

www.eatsmartmovemoreva.org

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