



## Overview

The Family Nutrition Program offers FREE nutrition education for adults, youth, seniors and families that meet income criteria.

With topics ranging from whole grains to fitness, there is something for everyone!

### What do FNP participants have to say?

“I learned how to buy and prepare healthy food on a tiny budget.”

— Jenn, FNP Participant

### What do FNP educators have to say?

“I appreciate how clients are willing to try something new, even if it is difficult, because they want a better future and improved health for their children.”

—Leah, FNP Nutrition Educator

For more information contact:  
**UAF Cooperative Extension Service**

[www.uaf.edu/ces](http://www.uaf.edu/ces)  
**877-520-5211**



Putting Healthy Food  
 Within Reach

USDA

Supplemental  
 Nutrition  
 Assistance  
 Program



United States  
 Department of  
 Agriculture

National Institute  
 of Food and  
 Agriculture

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# Eat Well Live Well



Cooperative Extension Service  
**Family Nutrition  
 Program**



## What is the Family Nutrition Program (FNP)?

The Family Nutrition Program is a nutrition education program that helps families and individuals learn how to plan, shop for and prepare tasty and healthy foods within a limited budget.

There is no cost to participate in the program.

Upon completion of the program you will receive a certificate and a cookbook.

If you qualify for any form of public assistance (such as food stamps, WIC, or school lunches for children), you may be eligible for the Family Nutrition Program.

## Family Nutrition Program offers a variety of services

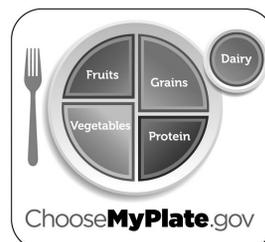
The FNP helps individuals and families with limited resources gain the knowledge, skills, attitudes and behaviors necessary to support healthy eating.

The program gives you the tools to make important decisions about your family's health and well-being.



## The Family Nutrition Program can help you:

- Gain the skills to cook food safely
- Learn to use your food resources wisely and save money
- Improve the nutritional quality of the meals you serve
- Make healthy selections when eating out
- Involve children in making healthy food choices



## Lesson Topics

- Dietary Guidelines
- MyPlate
- Dairy Group
- Meat and Beans Group
- Fruit and Vegetables
- Meal Planning and Shopping
- Food Safety
- Heart-Healthy Eating
- Breakfast
- Quick Meals
- Snacks
- Fitness and Exercise
- Nutrition During Pregnancy
- Feeding Infants and Preschoolers