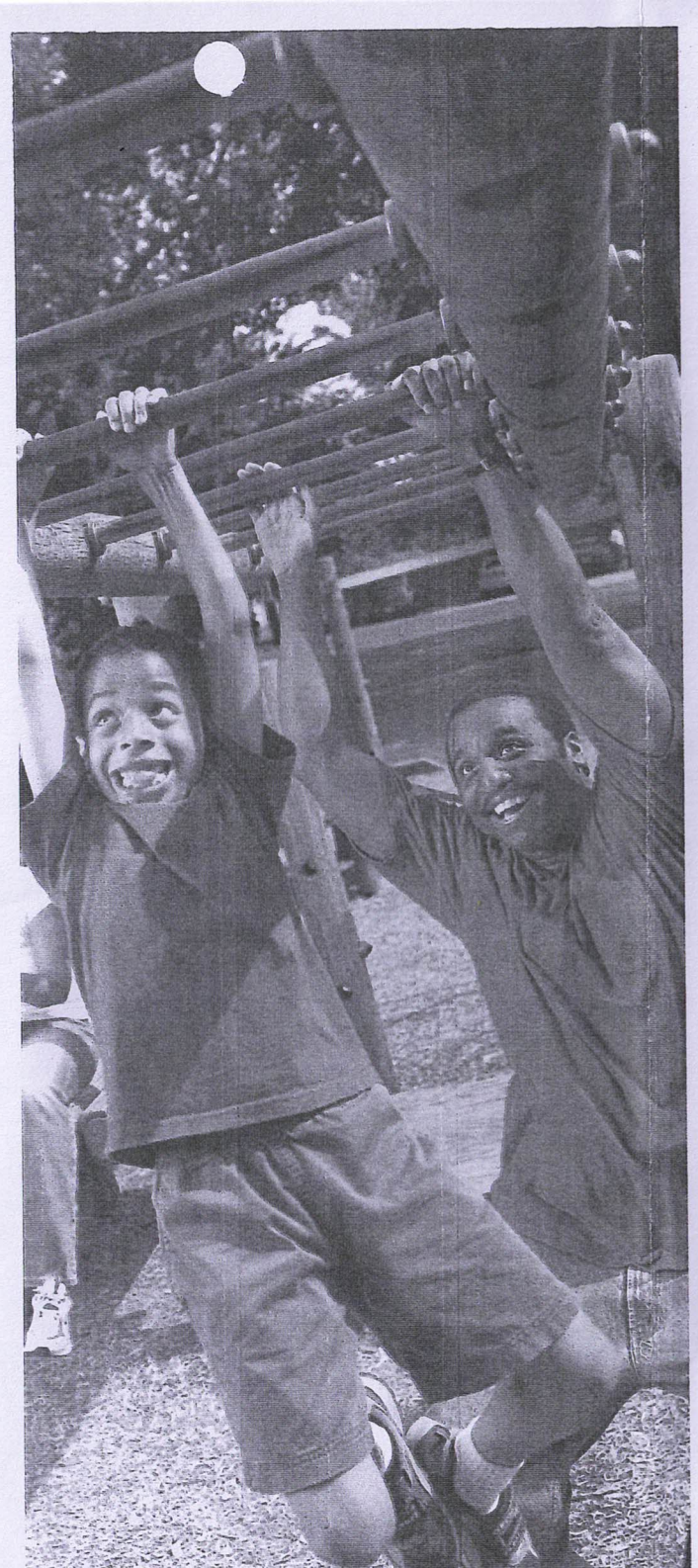


## NEP Target Audiences

The Purdue Extension Nutrition Education Program serves:

- SNAP recipients
- Limited-resource individuals of all ages (youth, seniors, singles, homeless, migrants, families, single mothers)
- Eligible schools (50% or more free & reduced lunch)

PURDUE EXTENSION | NUTRITION EDUCATION PROGRAM

*Improving nutrition and health in communities statewide*

Purdue University is an EOE/AA employer. All individuals, including minorities, women, individuals with disabilities, and veterans are encouraged to apply.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

The Supplemental Nutrition Assistance Program (SNAP) 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 Extension office.

PURDUE EXTENSION

Participant Brochure

# Nutrition Education Program

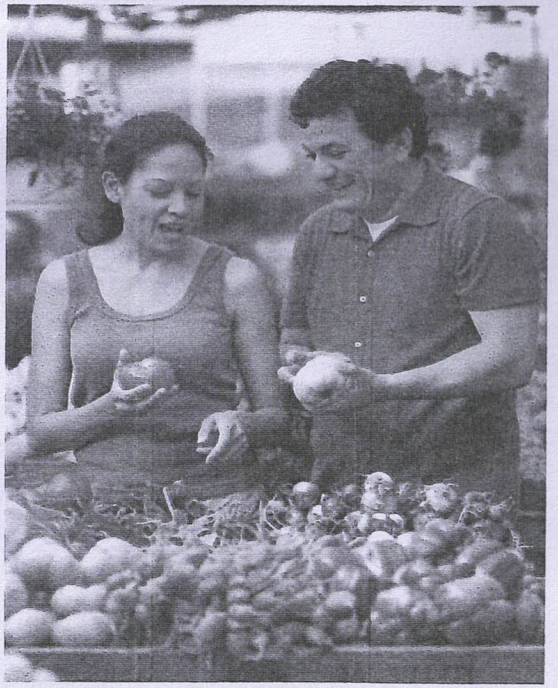
***Free nutrition and health lessons***

## Come Learn with Us

Would you like to learn more about nutrition or improve your family's health? Then contact your local Purdue Extension Nutrition Education Program (NEP).

We provide FREE lessons on food and nutrition for individuals and groups in your community. Our practical, hands-on programs will help you:

- Stretch your food dollars
- Plan fast, easy and healthy meals
- Handle food safely
- Increase physical activity
- Prepare healthy snacks
- Make vegetables fun and tasty
- Find out about SNAP benefits and other community resources



## It's Free and Fun

When you attend lessons, you not only get great information but also:

- Earn a free cookbook and handy kitchen items
- Cook and sample food
- Take home easy, low-cost recipes
- Learn basic food preparation skills

## There's No Homework!

Sometimes when people see the name Purdue Extension, they think the nutrition lessons are college level. Rest assured, they're not! Our highly interactive lessons are fun, easy to understand and designed to help you make healthy choices.

## Try a Sample Lesson

It's easy to join a class. NEP offers lessons throughout your community at:

| | |
|---|---|
| Senior & community centers | WIC |
| Faith-based organizations | Work sites |
| Food pantries/meal sites | Libraries |
| Preschools/schools | Shelters |
| Farmers markets | Head Start |

## Take the Next Step Today

Make your health — or your family's health — a priority. Take advantage of our FREE and fun nutrition lessons. To learn more or find out where NEP classes are offered, please contact:


**Julie Miers**

**Nutrition Education Program Assistant**

**574-612-3079**

**miersj@purdue.edu**


Purdue Extension
Nutrition Education Program

@PurdueNEP