

The Family Nutrition Program helps individuals and families to select nutritious foods that fit within their budget.

Learn how to:

- ◆ Invest your food dollars into the best nutritious food choices.
- ◆ Stretch your food dollars to last the whole month.
- ◆ Make healthy choices when eating out.



- ◆ Protect your family from foodborne illnesses.
- ◆ Plan meals that your family will love!

Purdue Extension

Knowledge to Go

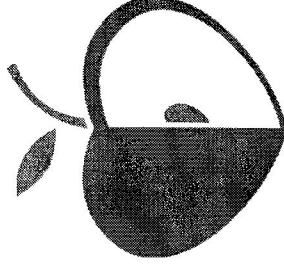
Marion County

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

Marion County Food Stamp Office
(317) 232-3608



Purdue
Cooperative
Extension Service of
Marion County

**Family Nutrition Program
for
Food Stamp Eligible
Seniors**

Indy's SNAP—Ed Program!

Suite 201, Discovery Hall
Indiana State Fairgrounds
1202 East 38th St
Indianapolis IN 46205-2807

Phone # 317-275-9305

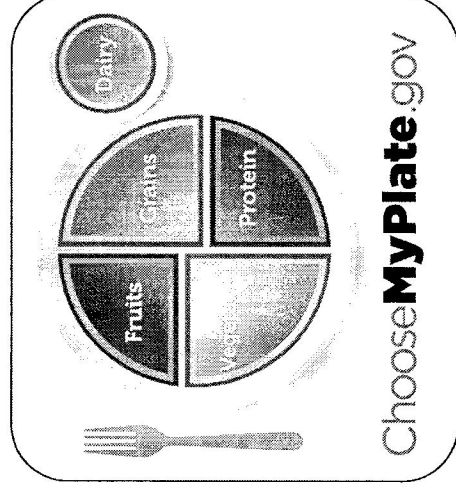
Come Learn with Us!

- See live cooking demonstrations!
- Sample the food prepared!
- Participate in hands-on activities!
- Take home easy, low-cost recipes!



Earn Free Gifts!

It's FREE and FUN!



FREE, informal programs in your home or community setting for individuals and groups! It is so much fun you will look forward to the next program!

Family Nutrition Program for Senior Adults Small Steps To . . .

How to Make the MyPlate Mine – MyPlate is a tool to guide you to make healthier food choices. The basic concepts of moderation, balance and proportion are key to getting all the nutrients you need in a day.

Understanding Food Labels – Learn what information is found on a food label and how to use it to make healthier food choices every day.

Small Steps to a Great Start – Breakfast refuels your body, improves concentration and productivity. Great breakfast ideas are presented with emphasis on the grain group.

Sensational Side Dishes and Snacks – Learn the health benefits of including more fruits and vegetables to your diet. Get great ideas on inexpensive and easy ways to include fruits and vegetables to your meals!

Getting Your Calcium Rich Foods—Calcium-rich foods are an important part of everyone's diet. Learn how to increase your calcium consumption, check out the variety of calcium rich-foods you may choose from, play the milk taste test, and sample a yummy calcium-rich recipe!

Figuring out Fats – Learn about the health benefits of consuming more liquid fats than solid fats and how to lower total fat in your diet.

Go Lean with Protein – Learn about the health benefits of eating lean proteins and pick up tips on how to reduce the amount of fat when cooking meats.

Great Meals – Learn valuable skills that will help you prepare simple, satisfying meals at home and save money by eating out less. "Family mealtime" is a way to connect with your family and friends, have fun and share a meal!

Senior Food Safety –Decrease your risk of getting food borne illness by learning the four basic steps to food safety: clean, cook, chill and separate.

Making Your Food Dollars Work—When are times not tough? New ideas on how to save are sure to be helpful. Play the "Ins & Outs" and "Needs & Wants" game and learn easy budgeting tips and ideas to make your money go further each month.