

# Making Ohioans Nutrition Smart

## Ohio State University Extension



OSU Extension offers nutrition programs that work. Extension Educators, trained in healthy lifestyles, provide unbiased research-based educational programming.

### Programs include:

**Dining with Diabetes.** Learn how to better manage your diabetes in this series of lessons. Classes include healthy foods recipe demonstrations, taste testing, and diabetes management techniques. A Registered Dietitian/Health Professional and a Family and Consumer Sciences Educator teach each class.

**ServSafe®.** Targeting restaurant managers, health care professionals and other food service personnel, the ServSafe® training program is the industry standard for food safety education. Participants who successfully complete course receive a certificate of completion.

**Ohio Expanded Food and Nutrition Education Program.** The Ohio Expanded Food and Nutrition Education Program (EFNEP) helps limited resource audiences learn basic nutrition, resource management and food preparation. 4-H EFNEP teaches youth about the nutritional value of food, food label reading, and good eating habits.

**Ohio Family Nutrition Program.** The Ohio Family Nutrition Program (FNP) is a partnership between the Ohio Department of Job & Family Services and Ohio State University Extension. The program goal is to improve the nutrition of families and individuals who are Ohio Supplemental Food Assistance Program (formerly Food Stamp Program) participants.

### On-line resources:

<http://www.extension.org>. Find answers to your nutrition questions and up-to-date nutrition information. Click on *Food, Families and Fitness*.

<http://osufcs.wordpress.com/>. Check out the OSU Extension FCS blog, named "Eat, Save, and Be Happy." For nutrition related information, click on the "Healthy People" category.

<http://extension.osu.edu/~news/archive.php?series=nutrition>. Chow Line is a weekly question-and-answer column that focuses on nutrition, food safety, food processing and other food-related matters.

Download free fact sheets from <http://ohioline.osu.edu>

Here is a sample of what you will find:

- Basic Nutrition
- Food Selection and Preparation
- Food Preservation
- Food Safety and Storage
- Health and Wellness
- Meal Planning

Order these and other publications from <http://estore.osu-extension.org>

- Smart Shopper's Price Book - a tool for individuals who want to track and compare prices of items at various grocery stores in order to make the best use of their food dollars. It is designed in a checkbook register format. (\$1.00)
- The Ohio Direction Card Record - a tool for individuals to track their Ohio Direction Card (Food Assistance Benefits/Food Stamps) usage and balance. It is designed in a checkbook register format. (\$1.25)
- Plastic Cover for Smart Shopper's & Ohio Direction Card Record (\$1.00)

### Your County Extension office is your link to The Ohio State University.

Business and Economics • Community Crops and Livestock • Health and Nutrition Home and Family • 4-H Youth Development Lawn and Garden Natural Resources and Environment

Visit <http://extension.osu.edu>

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EMPOWERMENT THROUGH EDUCATION