

Making Ohioans Nutrition Smart.

fcs.osu.edu

Healthy People

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. diabetes.osu.edu

Home Food Preservation Learn about preserving fruits and vegetables at home. Classes address basic food safety principles of canning, freezing, and drying foods. go.osu.edu/foodpreservation

Food Safety Training for Food Service Targeting restaurant managers, health care professionals and other food service personnel, the ServSafe® training program is the industry standard for food safety education. servsafe.osu.edu

Live Healthy Live Well Educates Ohioans on nutrition, physical activity and wellness issues. Utilizing social media, email wellness challenges, and lunch and learn lessons, the goal of this program is to increase awareness and encourage adoption of healthy lifestyle behaviors. livehealthyosu.com

Local Foods Local foods programming includes issues related to food production, marketing, human nutrition, and economic development. localfoods.osu.edu

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. efnep.osu.edu

Ohio Supplemental Nutrition Assistance Education Program The Supplemental Nutrition Assistance Education Program (SNAP-Ed) is a free nutrition education program serving low-income adults in Ohio. The program goal is to improve the nutrition of families and individuals who are Ohio SNAP (formerly Food Stamp Program) participants. fnp.osu.edu

Online resources:

Families, Food and Fitness Find answers to your nutrition questions and up-to-date nutrition information at extension.org/families_food_fitness.

Eat, Save, and Be Healthy Check out the OSU Extension FCS blog at fcs.osu.edu/blog. For nutrition related information, click on the "Healthy People" category.

Chow Line is a weekly question-and-answer column that focuses on nutrition, food safety, food processing and other food-related matters. extension.osu.edu/news-releases/resources/chow-line

Download free fact sheets from 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 low-cost publications from 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. (Product Code SSP)
- 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. (Product Code SSC)
- Plastic Cover for Smart Shopper's & Ohio Direction Card Record (Product Code SSPC)