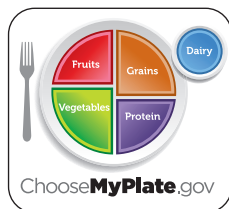




Eating Smart. Living Strong.

Ohio SNAP-Ed can show you and your family how to eat healthier and be more active, even on a limited budget. By joining in the Ohio SNAP-Ed programs, you will learn how to choose and prepare foods to improve the quality of your meals. Lessons go hand-in-hand with the Dietary Guidelines for Americans and USDA's MyPlate. Our programs focus on helping you eat smart, live strong, and save money.

Team up with Ohio SNAP-Ed for a free, top-notch program today! Visit us at go.osu.edu/snap-ed



Ohio

Department of
Job and Family Services



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AND ENVIRONMENTAL SCIENCES
COLLEGE OF EDUCATION AND HUMAN ECOLOGY
FAMILY AND CONSUMER SCIENCES



**Eat Smart.
Live Strong.
Learn How.**



THE OHIO STATE UNIVERSITY

Balancing Budgets and Goals

Eating healthy is a goal we all have, but it can be tough on a tight budget. Ohio SNAP-Ed is the nutrition education part of the federal Supplemental Nutrition Assistance Program (SNAP) – or Food Assistance – in Ohio. More than 60 counties offer SNAP-Ed programs to people who are eligible to receive SNAP benefits. SNAP-Ed programs help participants to:

- Make healthy food choices
- Balance a healthy diet with physical activity
- Stretch food dollars
- Keep food safe



Our FREE program is taught by Ohio State University Extension staff right here in your community. The classes are

taught in a relaxed setting where you can have fun and learn at the same time.

For details, visit go.osu.edu/snap-ed

Hungry to Learn

Ohio SNAP-Ed offers nutrition education programs in small groups with opportunities for conversation and hands-on learning. Topics include food selection and preparation, nutrition, thrifty shopping practices, food safety, and physical activity. You will learn how small changes can make big differences!

For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed



Why Choose Nutrition Education?

SNAP-Ed programs produce results!

- Nearly half of SNAP-Ed participants regularly consume a variety of fruits & vegetables
- 49% of SNAP-Ed participants reported being more physically active most days
- More than 1/3 of SNAP-Ed participants say they were more food secure after taking part in a SNAP-Ed program

Come see what we're all about!