

SMART CHOICES NUTRITION EDUCATION PROGRAM (SCNEP)

- The objectives of SCNEP are to help families and individuals by:
- teaching nutrition information and food related skills
 - encouraging healthy eating habits
 - teaching skills to stretch food resources.

The Smart Choices Nutrition Education Program (SCNEP) is strictly educational and is a VCE Family and Consumer Science Program.

The SCNEP program is operated as a joint project of Virginia Cooperative Extension, Virginia Tech, and the Virginia Department of Social Services. It is funded by Food and Consumer Service, U.S. Department of Agriculture.

The program is free to participants.

VIRGINIA COOPERATIVE EXTENSION
Virginia Tech and Virginia State University
Blacksburg, Virginia 24061

Written by: Ruby H. Cox, Associate Professor and Extension Specialist, Human Nutrition, Foods, and Exercise Department and Ann Hampton, SCNEP Program Assistant, Isle of Wight Extension Office

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, religion, sex, age, veteran status, national origin, disability, or political affiliation. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. J. David Barrett, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Lorenza W. Lyons, Administrator, 1890 Extension Program, Virginia State, Petersburg.
VT/131/0500/10M/203335/360097



VIRGINIA POLYTECHNIC INSTITUTE AND STATE UNIVERSITY



VIRGINIA STATE UNIVERSITY

LD
5655
A762
no. 360-097
c. 2

REPRINTED 2000

PUBLICATION 360-097

Smart Choices Nutrition Education Program (SCNEP)

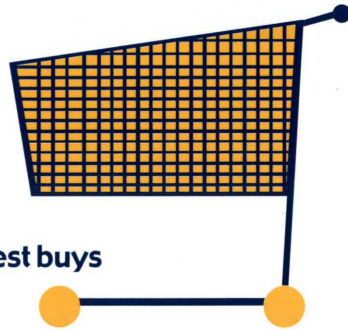
VPI & SU LIBRARY
a1002359086/b

SMART CHOICES NUTRITION EDUCATION PROGRAM: AN INTRODUCTION



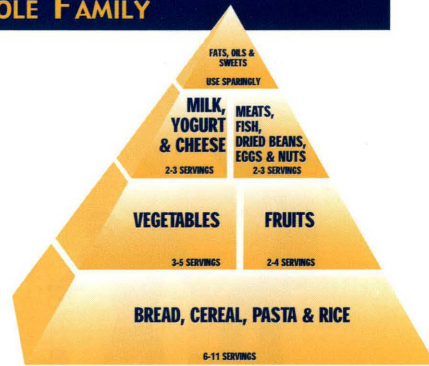
MAKING MONEY AND FOOD STAMPS GO FURTHER

- ▶ Meal Planning
- ▶ Making a Grocery List
- ▶ Grocery Shopping
- ▶ Budgeting
- ▶ Using food labels to choose best buys



HEALTHY CHOICES FOR THE WHOLE FAMILY

- ▶ Healthy Food Choices
- ▶ Nutritious Snacks
- ▶ Preventing Disease
- ▶ New Food Ideas
- ▶ Answers to Questions
- ▶ Food Guide Pyramid
- ▶ Choosing foods to follow your doctor's recommendations



Are you concerned about choosing good foods for your family?

Did you know that healthy foods can be low in cost, easy to make and taste good?

Do you know what to eat if you have health problems?

Do you have trouble making food stamps last the whole month?

For answers to your food and nutrition questions or to learn more about the Smart Choices Nutrition Education Program, please complete. This is a free program. You will not be charged for participation.



PREPARING DELICIOUS AND SAFE FOOD

- ▶ Recipes
- ▶ New Food Ideas
- ▶ Cooking Skills
- ▶ Nutritious Snacks
- ▶ Food Safety & Storage



Name _____

Phone _____

Address _____

For more information mail this form to:

Or Call 1-888-814-SMART (7627)
(This is a toll free call)

