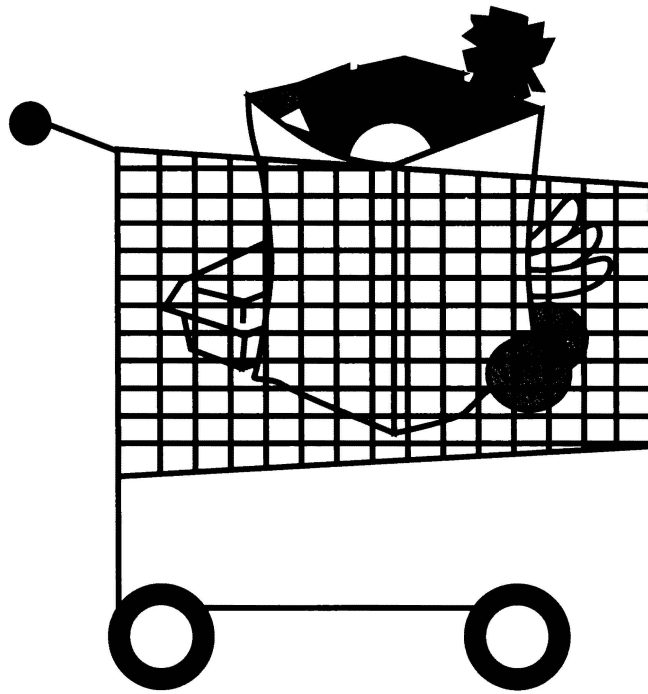


Welcome to the Virginia Smart Choices Nutrition Education Program (SCNEP)

A USDA Food & Nutrition Education Program



Our goal is to assist food stamp households:

- To make healthier food choices.
 - To be more effective managers of available food resources
- ... for optimal health and growth.

**Classes implemented through local Virginia Cooperative Extension &
the Virginia Department of Social Service.**

Target audience

- Limited-resource individuals and families in households receiving food stamps and those at 130% of poverty or below.
- Individuals who are eligible for USDA food assistance programs.
- Individuals receiving Social Security income and free or reduced-price lunch.
- Unemployed individuals with a low level of formal schooling.



Objectives:

- Improved dietary quality and increased physical activity.
- Improved food shopping and food resource management skills and a higher level of food security.
- Improved food safety as a result of adults and youth gaining knowledge and adopting food safety practices.



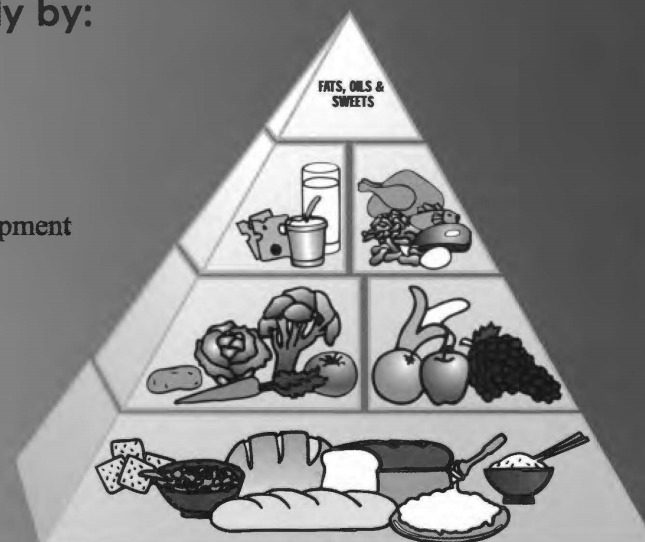
Making money and food stamps go further by:

- planning meals.
- making grocery lists.
- shopping for groceries.
- budgeting food dollars and food stamps.
- using food labels to choose best buys.



Making healthy choices for the whole family by:

- choosing healthy foods for all ages.
- preparing nutritious snacks.
- choosing foods for healthy pregnancy.
- making healthy food choices for infants' and children's development and preventing obesity.
- learning about the Food Guide Pyramid.
- learning how to reduce disease risk and obesity in adults.

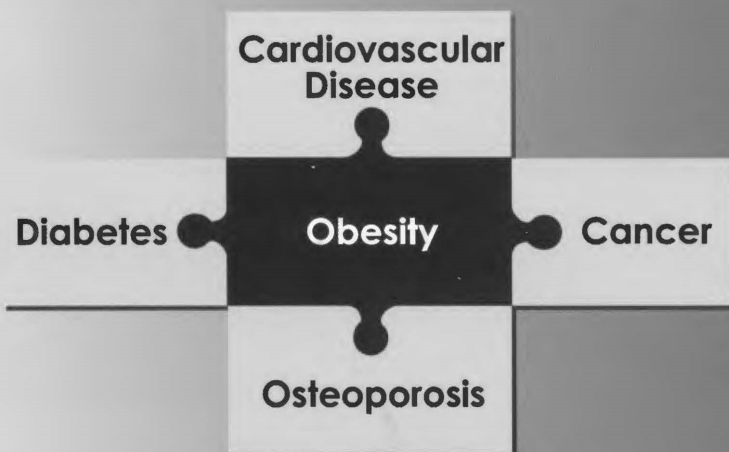


Preparing delicious and safe food by:

- preparing new recipes.
- tasting new foods.
- acquiring cooking skills.
- learning about food safety and storage.
- cooking methods that contribute to a healthy weight.



Prevention of chronic diseases through nutrition education at the grass-roots level



SCNEP across the commonwealth

SCNEP collaborates with these agencies:

Virginia Views	WIC
Healthy Families	Food Banks
Recreation Departments	Local Schools
Local Departments of Health	Head Start
State Department of Education	Local and State Departments of Social Services



Where is SCNEP located?

Each county in red represents a location where SCNEP is active.



Impacts

For every \$1.00 spent on nutrition education, \$10.64 is saved in health care costs.

SCNEP serves households and individuals who are on food stamps or whose income is no more than 130% of the poverty level. For 2005, that was \$25,155 for a family of four; and \$12,441 for an individual.*

*From the 2004 Poverty Income Guidelines, Federal Register, February 18, 2005, for all states except Alaska and Hawaii.

SCNEP Program Input and Participants Reached

Participants (2005)	Amount of 2005 Federal Funds in Virginia	Counties/ Cities Served	Nutrition Educators
Adult - 6,005 Youth - 9,938	\$3,248,375.00	105	65
Volunteers - 1,648 individuals gave 16,048 hours valued at \$225,000			

Changed behavior by the end of the SCNEP lesson series:

87% of SCNEP participants had acceptable dietary quality/nutrition practices.

56% of SCNEP participants had acceptable practices in food shopping.

85% of SCNEP participants had acceptable food safety practices.



Authors of this publication:

Mary M. McFerren, EFNEP/SCNEP Project Associate

Ruby Cox, State EFNEP/SCNEP Coordinator

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program.

REVISED 2005

PUBLICATION 360-027

www.ext.vt.edu

Produced by Agriculture and Extension Communications, Virginia Tech
Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. 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. Mark A. McCann, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Clinton V. Turner, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

VT/638/1205/4M/261444/360027