

Appendix C: The SCNEP Brochure

The SCNEP Program Will Give YOU the Opportunity to LEARN MORE About ...

MAKING MONEY and FOOD STAMPS GO FURTHER

- Meal planning
- Making a grocery list
- Grocery shopping
- Healthy food choices
- Budgeting



HEALTHY CHOICES FOR THE WHOLE FAMILY

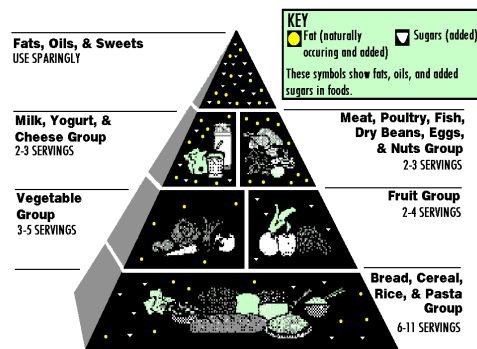
- Support
- Encouragement
- Referrals
- Friendship
- Answers to questions



A SCNEP Program Assistant is eager to be your friend ... call Today!

Food Guide Pyramid

A Guide to Daily Food Choices



- Healthy Food Choices
- Nutritious Snacks
- New Food Ideas
- Preventing Disease

PREPARING DELICIOUS And SAFE FOOD

- Recipes
- New food ideas
- Cooking skills
- Nutritious snacks
- Food Safety and Storage

Separate along this line

TO ENROLL OR LEARN MORE
ABOUT THE SMART CHOICES
PROGRAM, PLEASE COMPLETE.

Yes, I would like to be
enrolled in SCNEP.

Phone: _____

Address: _____

I would like to know more about
the program. Please contact me at

Phone: _____

(or) Address: _____

Your Signature: _____

Give this form to the Food Stamp
Worker or Mail to:

SCNEP Program Assistant
Rappahannock Extension Office
P.O. Box 119
Washington, VA 22747

Or Call (540) 675-3619

