

**Brenda Carey, Program Associate**  
**UNH Cooperative Extension~Belknap County**  
**36 County Drive**  
**Laconia, NH 03246-2900**

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## **NUTRITION CONNECTIONS**

The Nutrition Connections Program is a free program conducted by the University of New Hampshire Cooperative Extension.

**Nutrition Connections** can help you feed your household better, stretch your food dollars, and make healthier lifestyle choices.



*Visit our website at:*  
*[ceinfo.unh.edu](http://ceinfo.unh.edu)*

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UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION

# **NUTRITION CONNECTIONS PROGRAM**



The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U S Department of Agriculture and NH counties cooperating.

UNH Cooperative Extension of Belknap County offers several *free* courses to income eligible people\*. Subject areas include nutrition and budgeting. The program covers topics such as:

- \* healthy, low cost meals
- \* making meals from what's on hand
- \* nutrition for children
- \* label reading
- \* unit pricing
- \* fitness and weight loss
- \* nutrition for pregnant & parenting teens
- \* preventing food borne illnesses
- \* smart shopping
- \* stretching your resources

**There are two ways to be involved.**

The one-to-one approach is done by making appointments with you. I would meet with you in your home or at a mutually convenient location for approximately one to two hours. The courses can be taught in 4-6 sessions. These programs are a great way to improve your nutrition and budgeting skills. I will tailor them to meet your needs.

We also offer a correspondence course “**Eat Healthy, Stay Fit**” for those who work or are unable to meet during the daytime hours. This is done through the mail at your own pace, and all postage is paid by us.

If better health and saving money are your concern — these are the programs for you.

If you are interested in any of these *free* programs, please respond by returning the attached self-addressed form or call me.

**Phone:** (603) 527-5475

**Fax:** (603) 527-5477

**E-mail:** [brenda.carey@unh.edu](mailto:brenda.carey@unh.edu)

**I LOOK FORWARD TO HEARING FROM YOU.**

**Brenda Carey  
Program Associate  
Food and Nutrition**

**\*Annual Income Guidelines:**

Household Size 1:	\$18,129.00
Household Size 2:	\$24,419.00
Household Size 3:	\$30,709.00
Household Size 4:	\$36,999.00

Yes, I am interested in one of the *free nutrition programs*.

\_\_\_\_\_ One-to-one, meetings as scheduled in my home.

\_\_\_\_\_ Home Study Course

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_



