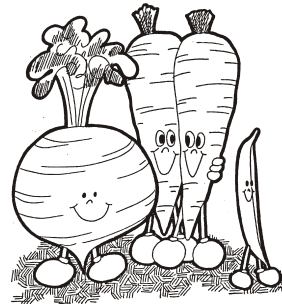


Brenda Carey, Program Associate
UNH Cooperative Extension~Belknap County
36 County Drive
Laconia, NH 03246-2900

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.

Phone: (603) 527-5475

Fax: (603) 527-5477

E-mail: brenda.carey@unh.edu

Visit our website at:
www.extension.unh.edu



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

NUTRITION CONNECTIONS PROGRAM

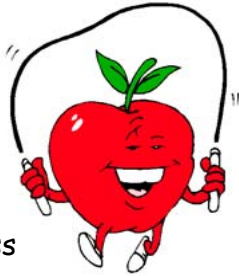


Nutrition Connections

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-on-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 at 527-5475, or e-mail brenda.carey@unh.edu


I LOOK FORWARD TO HEARING FROM YOU.

*Brenda Carey
Extension Program Associate
Food & Nutrition*



* **2008**
Annual Income Guidelines:

| | |
|-------------------|-------------|
| Household Size 1: | \$20,040.00 |
| Household Size 2: | \$26,964.00 |
| Household Size 3: | \$33,876.00 |
| Household Size 4: | \$40,800.00 |
| Household Size 5: | \$47,712.00 |



Nutrition Connections

5/09

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

Meetings scheduled in my home. _____
 Home Study Course _____

Name: _____

Mailing Address: _____

Town: _____ State: _____ Zip: _____

Telephone _____ E-mail: _____

