

## Nutrition Connections Works

The Nutrition Connections program is effective in helping clients make positive changes in their nutrition and shopping habits. Studies have shown that participants improve their diets and demonstrate increased knowledge and skills in saving at the supermarket.



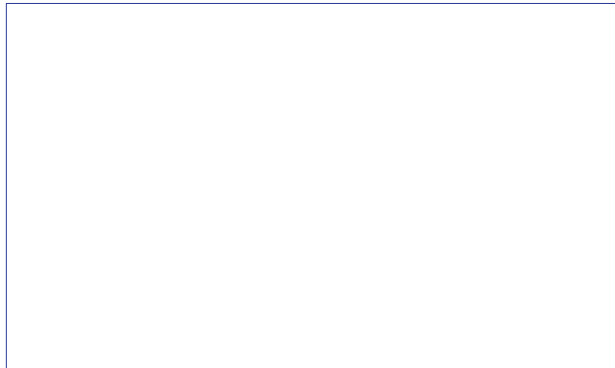
## Something More

A long-term study conducted by UNH Cooperative Extension - the first prospective study to link a nutrition education curriculum for adolescent mothers to birth outcomes - revealed that low income, pregnant teenagers who completed Great Beginnings: Nutrition Curriculum for Pregnant and Parenting Teens met or surpassed national standards for healthy childbearing.

*"Before I started the program, I paid no attention at all to my eating habits or food selection while shopping. Nutrition Connections has helped me to plan more nutritious meals on my limited budget and helped me to feel more confident about my children's nutritional needs being met." Client- Concord*

## Call Today

The Nutrition Connections staff member in your area is:



UNIVERSITY of NEW HAMPSHIRE  
COOPERATIVE EXTENSION

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# HELP IS ON THE WAY

Assist Your Clients In  
One Of Their Most  
Important Jobs



Feeding Their Families



Read on for more information 

# Help Is On The Way...

## Assist Your Clients In One Of Their Most Important Jobs ...



### *Help Is Yours For The Asking*

The Nutrition Connections Program brings nutrition knowledge and food skills to limited income families. We reach out to groups in employment training programs, shelters for homeless families, pregnant teen and adolescent parent programs, Head Start and other locations where limited income audiences gather. We also work with individuals on a one-to-one basis who need more specialized attention.

A Nutrition Connections education provides the ABC's of nutrition and much more.

Nutrition Connections participants learn about healthy foods to feed their families. They learn how to shop wisely for food, how to use unit pricing and read food labels. Developing a food budget, and planning low cost and quick menus, are also important topics of discussion.

Nutrition Connections families can participate in small group educational sessions or learn in their homes. Learning activities are tailored to meet the needs of the participant.

### *Here's How You Can Take Advantage Of This Service For Your Clients...*

There are three ways:

1. Refer your client to Nutrition Connections for individualized instruction by calling your local Nutrition Connections staff member. The contact name and number are listed on the back of this brochure.
2. A Nutrition Connections staff member can meet with your client group. She or he can present either the entire Nutrition Connections core curriculum or just a few topics, whichever you prefer. The length and frequency of meeting are flexible.
3. Your agency can become a Nutrition Connections group sponsor. Your staff can be trained by a Nutrition Connections staff member to teach nutrition directly to your clients, using a research-based core curriculum.

Nutrition Connections would ask your agency contact person to provide arrangements for meetings. We would also request access to your clientele to facilitate enrollment, attendance, and evaluation.