

UNH Cooperative Extension
315 Daniel Webster Highway
Boscawen, NH 03303

Nutrition Connections

Nutrition Connections is a program of the University of New Hampshire Cooperative Extension. Nutrition Connections provides nutrition education to people with low incomes. At no cost to you, Nutrition Connections can help you feed your family better, stretch your food dollars, and make healthier lifestyle choices.

1-877-398-4769

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-852-3345 x4238.

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UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION

Eat Healthier

AND SAVE MONEY

**Nutrition Connections
has the help
you need...**



**Look inside for
more information.**



"I learned that you can eat healthy and not have to spend a lot of money."
– Nutrition Connections participant, Sullivan County

Here's what you can learn:

- ◆ Stretch your money with smart shopping tips.
- ◆ Cook healthy, low-cost meals.
- ◆ Serve nutritious foods and snacks that children will eat.
- ◆ Make nutritious choices by reading food labels.
- ◆ Save money at the grocery store.
- ◆ Fit in fitness and healthy choices for weight loss.
- ◆ Prevent illness by handling your food safely.
- ◆ Save money & time by making meals from what's on hand.

"I found this class very informative. The Nutrition Connection staff was very helpful and very interesting."
– Nutrition Connections participant, Merrimack County



There are three ways to be involved...

1 One-to-One
One of our staff will meet with you in your home or at a mutually convenient location for 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. We will tailor them to meet your needs.

Home Study Course
Eat Healthy Stay Fit is for those who work or are unable to meet during daytime hours. This is done through the mail at your own pace, and all postage is paid by us.

3 Small Group Workshop
Learn about nutrition and money management as part of a small group. It's fun to learn with others!

If you are interested in any of these free programs, please return the attached pre-addressed form, or call **1-877-398-4769**.

We look forward to hearing from you!

Yes, I want to learn how to make healthy food choices for me and my family!

One-to-One Meetings

Home Study Course

Small Group Workshop

Name

Mailing Address

City

State

Zip

Telephone

Best time to reach me

E-mail