

**Nutrition Connections Program**  
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 income eligible people. 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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**EAT HEALTHIER  
AND SAVE MONEY**



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



"I'm bringing home more "new" produce. I have noticed my food stamps seem to go a little further."

Home Visit Participant

## Learn how to:

- ◆ Stretch your money with smart shopping tips.
- ◆ Cook healthy, low-cost meals.
- ◆ Serve healthy foods and snacks that children will eat.
- ◆ Save money at the grocery store.
- ◆ Add more physical activity to your day.
- ◆ Prevent illness by handling your food safely.
- ◆ Save money and time by making meals from what's on hand.

"I never knew how to budget for food before this course. It taught me the purpose of food and nutrition labels and how to read them."

Home Study Participant



## There are three ways to be involved...

If you qualify or receive benefits from SNAP-(Food Stamp Program) or other programs like WIC or TANF, then you qualify for our no cost programs.

1

### One-to-One

One of our staff will meet with you in your home or another location for one to two hours at a time. We meet for a total of 6-8 times. We cover topics to meet your needs. This is a great way to learn about nutrition, money saving tips, and cooking skills.

### Home Study Courses

Eat Healthy Stay Fit in English and Unos Cambios Pequeños Para la Mejor Salud for our Spanish speaking audience are for those who work or are unable to meet during the day. All postage is paid by us and you work at your own pace.

2

3

### Small Group Workshop

Learn about nutrition as part of a small group. It's fun to learn with others! Plan a group with your friends.

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

- One-to-One Meetings
- Home Study Course - English
- Home Study Course-Spanish
- Small Group Workshops

Name

Mailing Address

City

State

Zip

Telephone (home or cell phone)

Best time to reach me

E-mail

To find out more return the attached form or call  
**1-877-398-4769.**