

“I have more confidence in the nutrition decisions I make for my family.”



Providing exceptional, hands-on nutrition education for adults for over 40 years

A research-based program that works with your organization to:

Assist limited-resource families in acquiring the knowledge, skills, and changed-behavior necessary for better health.

Contribute to participant personal development and improvement of the total family diet and nutritional well-being. Best of all, Nutrition Connections is available at no cost to those who are eligible!



Partnering agencies

Nutrition Connections partners with a variety of agencies at locations that serve low income NH seniors and families with children.

We don't charge agencies for hosting a series or referring participants. For group classes, we ask cooperating agencies to make arrangements for meetings and to remind participants of scheduled classes. We also ask agencies requesting cooking classes to assist providing food.

Language assistance is available at no cost.



Like us on facebook at

www.facebook.com/unhce.nutritionconnections

Visit our web site:

extension.unh.edu/Food-Health/Nutrition-Education



To work with Nutrition Connections or to refer clients contact:

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Extension
Nutrition Connections

**Teaching Families
to Eat Healthier
and Save Money**

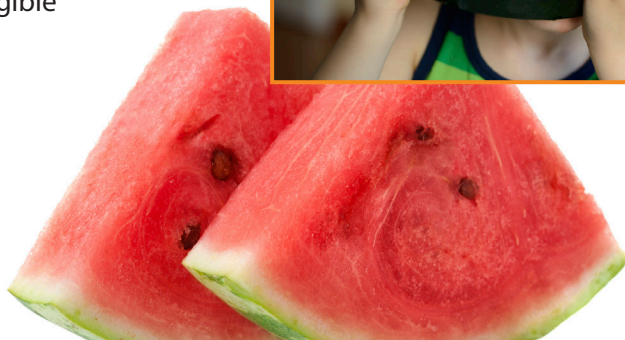


“It’s fun to see how I can get the most nutrition from the most affordable ingredients available.”



Participant benefits

- Maintain healthy weight by making healthier food choices and being more active.
- Saving money at the grocery store.
- Stretching their food dollars so they run out of food less often.
- Basic cooking skills to prepare tasty, healthful, low cost meals in a hurry.
- New ways to prepare food received from food pantries, CSFP and WIC.
- Build healthier family relationships by making family mealtime enjoyable.



What does Nutrition Connections provide?

- Programming at no cost to the participant.
- Education on general nutrition topics.
- Interactive, research-based, multi-lesson nutrition curricula.
- Adaptable material to meet participant needs.
- Lessons delivered in small groups or one-on-one sessions.
- Lessons delivered in a classroom setting or in individual’s homes.
- Teaching skills that help participants follow special diets recommended by a registered dietitian or other health provider.

“I’m bringing home more “new” produce.”



Who is eligible for Nutrition Connections programs?

Adults in New Hampshire who are eligible for programs such as Supplemental Nutrition Assistance Program (SNAP), WIC, Head Start, or the Commodity Supplemental Food Program (CSFP), qualify for Nutrition Connections classes.