

“I’ve made some great new friends and have gained new perspectives on nutrition, food and cooking.”



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To find out more call our education center at 1-877-398-4769. Or contact the person below.



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***Eat Healthier  
and Save Money***



**EFNEP**  
**NH SNAP** Ed

## ***What is Nutrition Connections?***

Nutrition Connections provides hands-on nutrition education through a series of lessons. Best of all, Nutrition Connections is available at no cost to those who are eligible!



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Language assistance is available at no cost. 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 x9700.

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“ This class was helpful in teaching me healthy eating and cooking habits. These habits will be something I can teach my kids. ”



## Who can attend?

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.



## You'll learn about ...

- Preparing tasty, healthy, low cost meals in a hurry.
- Maintaining a healthy weight.
- Saving money at the grocery store.
- Keeping food safe so you don't get sick.
- Cooking foods the whole family will enjoy.
- New ways to use foods from the food pantry, CSFP and WIC .
- Being active.
- Save time and money by making meals from what's on hand.
- Making family mealtime enjoyable.



## What does Nutrition Connections provide?

- Interactive classes lasting 60 to 90 minutes each. Come share your ideas and learn from others!
- Topics to meet your individual needs.
- Learning in small groups or one-on-one sessions.
- Many sessions involve tasting or cooking food.
- You'll receive small cooking tools, a cookbook, and a graduation certificate.

“ I have noticed my food stamps seem to go a little further after doing the program. ”

