

Penn State Extension Nutrition Links is part of extension's mission.

Nutrition Links provides research-based nutrition education to help people and families with limited resources enhance their nutrition, increase their physical activity, and develop life skills needed for self-sufficiency and better health.

Classes include hands-on activities and cooking demonstrations to reinforce the learning process. Our evaluation data demonstrate the effectiveness of the program's impact on participants' behaviors in food selection, dietary intake, management of resources, and food safety.

Our classes are a very rewarding experience for everyone, improving the health and well-being of the entire family. We partner with many agencies in the community to enhance the services offered and reach limited-resource audiences.

Nutrition Links is federally funded and supported by local resources/dollars. Funds come from the Expanded Food and Nutrition Education Program (EFNEP) and Supplemental Nutrition Assistance Program Education (SNAP-Ed), known in Pennsylvania as PA TRACKS.



TEACHING PEOPLE HOW TO EAT BETTER FOR LESS!

This program is funded, in part, from the Expanded Food and Nutrition Education Program (EFNEP), which is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Pennsylvania (PA) Department of Human Services (DHS) through the PA Nutrition Education Tracks, a part of USDA's Supplemental Nutrition Assistance Program (SNAP). To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture. USDA is an equal opportunity provider and employer.

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Produced by Ag Communications and Marketing

Code NL001 2.5C01/15acg



PennState Extension

Nutrition Links

Teaching people how to eat better for less!



A FREE PROGRAM FOR LIMITED-RESOURCE AUDIENCES THAT CAN BE OFFERED AT YOUR LOCATION



Penn State Nutrition Links

offers a series of free nutrition and food preparation group classes for limited-resource audiences. Classes are offered at a variety of times and locations, such as religious, senior, and community centers; schools and libraries; worksites and housing developments; and training centers and food pantries.

To learn how to bring this program to your location, call toll free **1-888-778-3535** or visit **extension.psu.edu/nutrition-links**.



Participants *can learn to*

- Save money on food
- Plan and cook tasty, healthy meals
- Move more every day
- Handle food in a safe manner
- Use SNAP benefits and other resources wisely



Classes *can include*

- Making and tasting healthy foods
- Fun hands-on activities
- Free cookbooks, shopping lists, bags, and more



Parents *can learn*

- Positive ways to introduce new foods
- The importance of family meals



Pregnant women *can learn about*

- Their baby's growth
- Healthy weight gain
- Choosing breastfeeding or formula feeding
- Infant feeding



Kids *will learn to*

- Cook
- Plan tasty snacks
- Stay fit
- Join in fun activities with friends



Seniors *will learn about*

- Cooking for one or two
- Changing nutritional needs