



FNP

Family Nutrition Program

IOWA STATE UNIVERSITY
University Extension

You're Invited!

If you are a family that wants to learn about healthy food choices, getting more organized about feeding your family, and stretching your food dollars, keep reading... this might be just what you are looking for... ISU Extension offers a [Family Nutrition Program](#). The Family Nutrition Program (FNP) works with low-resource families who want to plan and prepare healthy, low-cost meals for their families. FNP is a program of the ISU Extension Service, here in Story County. **The program is completely free.** Not all counties are fortunate to have a program like FNP available. FNP uses a new curriculum based on the latest research about food and health, including the *Dietary Guidelines for Americans*. The useful information helps families make choices about eating smart and being active. Information is shared about planning and preparing tasty meals that are not expensive to make, making sure food is safe to eat, how to build strong bones, increasing fruits and vegetables in the diet and much, much more.

People are able to participate if their family income is at or below 185% of the poverty level. This would include all families who qualify for Food Assistance (formerly known as Food Stamps,) families eligible for free or reduced priced lunches, and/or all families qualifying for the WIC Program. People can receive home visits or groups can be formed. **Persons enrolled must have children age 0-10, or be pregnant.**

The 8 Topics are:

- **Get Moving** (Balance eating & activity.)
- **Plan, Shop and Save**
- **Vary Your Veggies, Focus on Fruit**
- **Make Half Your Grains Whole**
- **Build Strong Bones**
- **Go Lean With Protein**
- **Make a Change** (Limit fat, sugar, salt.)
- **Celebrate Healthy Families**

And now there is an optional lesson on **Having a Healthy Pregnancy**

Participants receive small gifts such as measuring cups, a vegetable brush, and an exercise stretch band.

To get started or simply learn more, call Nancy Henry at 515-382-6551, or e-mail nhenry@iastate.edu. You can also visit <http://www.extension.iastate.edu/efnep/adult.htm> for nutrition resources and additional Family Nutrition Program information.

I look forward to hearing from you! ~Nancy