

# Family Nutrition Program

## Food Stamp Program Nutrition Education

### FNP teaches nutrition and food resource management

FNP helps Floridians learn how to:

#### *Make healthy food choices for the whole family by:*

- Choosing healthy foods
- Preparing nutritious snacks
- Choosing foods for healthy pregnancy
- Making healthy food choices for infant and child development

#### *Prepare delicious and safe food by:*

- Preparing new recipes
- Tasting new foods
- Acquiring cooking skills
- Learning about food safety and storage
- Achieving good personal hygiene

#### *Make money and food stamps go further by:*

- Planning meals
- Making grocery lists
- Shopping wisely for groceries
- Budgeting food dollars and food stamps
- Using food labels to choose best buys



### FNP Makes a Difference in Health

#### FLORIDA SITUATION

- 2,174,165 people (13% of the state population) live in poverty.
- 35% of deaths are from nutrition related diseases: heart disease, stroke, and diabetes.
- 74% of adults eat less than 5 servings of fruits and vegetables each day.
- 55% of adults do not engage in regular moderate physical activity.
- 57% of adults are considered overweight or obese.

#### FNP SOLUTION

- 31,664 Florida residents were contacted 312,069 times for nutrition education classes during fiscal year 2006.
- 27% of participants increased their consumption of fruits and vegetables.
- 14% of participants increased their levels of physical activity.
- 40% of participants began to implement resource management ideas such as menu planning, using a spending plan, and comparison shopping.

### FNP Makes People Care About their Health

Here are what some participants are saying about FNP:

At lunch, one of my students, who is slightly overweight, was about to purchase a Gatorade. I reminded him of the added sugar and what our FNP nutrition lady taught him. He said, "Oh, snap, that's right!" He hasn't bought a Gatorade since.

My child is telling me we need to eat apples or other things instead of sweets. Thanks to the nutrition lady!

After a food label lesson, a mother in my Healthy Families program managed to lose 70 pounds, just by reading the nutrition facts label on the back of cans and boxes. Pretty impressive, huh?

### FNP Teaches Throughout the Community

#### PARTNER AGENCIES

School Districts  
Health Departments  
Even Start  
Head Start  
Pre Schools  
Domestic Abuse Shelters  
Halfway Houses  
GED classes  
Libraries  
Parks and Recreation Departments  
After School Programs

Boys and Girls Clubs  
Healthy Families  
Community Action Agencies  
Police Athletic Leagues  
YMCA  
Commodity Distribution Sites  
Senior Centers  
Elder Care Services  
Congregate Meal Sites  
Council on Aging  
Special Needs Adult Programs

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