

# The Virginia Family Nutrition Program

## A Healthy Family Starts with *You!*



### Team up with us to take charge of your health now!



**Individual or small group settings by phone or online:**

- Share delicious, low-cost recipes that fit into your budget
- Provide tips on meal planning and food shopping to save time and money
- Connect with others and get support in your healthy living journey

**Come join the Family Nutrition Program and get many of these delivered FREE after program completion...**



Join Us!

For more information contact:

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“I loved learning to prepare new health foods that fit in my budget.”

“I realized how much sugar was in my drinks, made a change, and I’ve already lost a few pounds.”

“Our group leader inspired me to make simple changes that have helped me feel great.”

“I was so sad when the class was over. I’m ready to sign up again.”

**Virginia Cooperative Extension**  
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[www.ext.vt.edu](http://www.ext.vt.edu)

**Eat Smart • Move More**  
Virginia Cooperative Extension • Family Nutrition Program

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