

# Huron County's Family Nutrition Program



## Home Visits

FSNE staff will come to your home and provide one-on-one instruction on topics related to nutrition. Each participant will receive a cookbook upon completing the home visits.

## Group Series

Join us for a six week series that will provide nutritional information as well as a variety of activities. Prizes are given and each participant will receive a cookbook at the end of the series.

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## Family Nutrition Program



**Bringing Knowledge to  
Life!**

# What is the Family Nutrition Program?

The Food Stamp Nutrition Education Program (FSNE) is a **FREE** nutrition education program that is offered to limited income families and individuals.

## Why should I sign up for FSNE?

**Convenience**— we come to you or you can sign up for a group series, whichever fits your schedule.

**Fun**—learn nutrition in a fun and interactive way.

**Practical**—get practical information to help you improve your health and the health of your family.

**Variety**— learn new recipes and new ways to prepare nutritious meals for your family.

## What topics are included in FSNE?

If you decide to take part in the FSNE Program, Nutrition instructors will work with you to decide which lessons best suit your needs. Lesson topics include:

- Using MyPyramid
- Using food labels to make healthy choices
- Keeping food safe
- Food preparation
- Nutrition during pregnancy
- Feeding your baby/toddler/preschooler
- Meal Planning, shopping and food preparation tips
- Breakfast and healthy snacks
- Calcium
- Fiber
- Staying active as a family
- Stretching your food dollar
- Portion distortion
- Sodium/Salt/Sugar
- Dietary Guidelines

## How do I get started with FSNE?

If you are interested in the program, please contact the Michigan State University Extension—Huron County at 989.269.9949, x606. You can also contact the WIC office at 989.269.9721 or the Dept. of Human Services at 989.269.9201.



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