

## What does the Family Nutrition Program (FNP) do?

*Help individuals, families and children:*

- Enjoy more fruits and vegetables
- Increase physical activity
- Choose and prepare nutritious meals and snacks
- Develop budgeting, shopping and cooking skills
- Use safe food handling, preparation and storage practices

### What are participants saying?

*"I used what I learned on portion distortion to change the way I eat and I lost weight."*

*"I rarely cook but this Stir Fry recipe is easy enough for me to try."*

*"I'm using what I learned to save at the grocery store."*

*This material is funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For more information, call 1-888-369-4777.*

## For more information contact:

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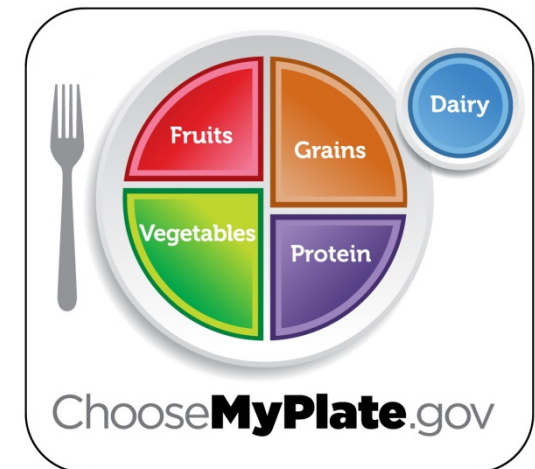
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*K- State Research and Extension is committed to making its services, activities, and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, please contact the Wyandotte County Extension Office at 913-299-9300*

*Kansas State Research and Extension is an equal opportunity provider and employer.*

## Wyandotte County

## Family Nutrition Program (FNP)



## What is the Family Nutrition Program?

The Family Nutrition Program (FNP) is the Kansas Supplemental Nutrition Education Program (SNAP-Ed). It offers free nutrition education for individuals, families, youth and seniors who qualify for food assistance. Funding is provided by the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) through a contract with the Department of Children and Families (DCF), formerly SRS. This program is administered and implemented by K- State Research and Extension. Extension educators provide nutrition education in their counties in partnership with community agencies and organizations.



***"Make the healthy choice the easy and affordable choice."***

*Regina Benjamin, former Surgeon General*

## The Wyandotte County Family Nutrition Program Offers:

### Workshops:

***"Eat Healthy, Be Active"***, an interactive 6-part series based on the 2010 Dietary Guidelines and 2008 Physical activity Guidelines, is designed to take participants from just "thinking" to "taking" their desired health actions.

***"Eating Smart and Moving More"***\*, a 4-part series, challenges participants to make positive changes to achieve good nutrition, increase physical activity, practice food resource management skills, and practice proper food safety techniques.

\*Also available in Spanish

***"Kansans Move into Health"***, this 8-class series begins with a personal assessment and teaches participants to overcome barriers that derail their health and fitness goals, including eating out, portion control and emotional eating.

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### Additional Classes:

*Let's Eat: MyPlate*

*Peak Performance*

*Fight BAC! Food Safety*

### Health Fair Displays:

*MyPlate*

*Go, Slow, Whoa*

*Portion Distortion*

*Nutrition Facts Label*

*Plan to Save*

*Keep Foods Safe*

*Shake the Salt Habit*

*Sugar...It All Adds Up Habit*

### Youth & School Resources:

*Nutrition Kits for PreK-2<sup>nd</sup> grade*

*Kids In the Kitchen (4<sup>th</sup> -5<sup>th</sup> grade)*

*Yummy MyPlate (1<sup>st</sup> - 6<sup>th</sup> grade)*

*Family Gardening (all ages)*

### Resource Library

Ask our nutrition educators about resources that can be checked out by community partners.

