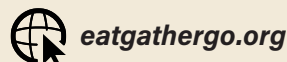




## CONTACT US TODAY!

Every community has public health challenges that may seem daunting for one agency to address alone, but our collaborative approach has proven successful. Help make the healthy choice the easy choice.

**Contact us today!**



## Everyone Deserves Good Health

We believe the healthy choice should be the easy choice.

It's why we partner with state and local agencies, community organizations, church groups, local officials, school districts and anyone who believes public health is a paramount issue.

It's why we get our hands dirty planting community gardens and use them to teach children the value of veggies.

It's why we give teens and adults the knowledge and cooking tools to make delicious, nutritious, budget-friendly meals at no cost.

It's why we are asking you to **help us remove the socio-economic boundaries** that separate people from better health outcomes.



Extension - Nutrition  
Education Program



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Education Program

**f** Purdue Extension - Nutrition Education Program

**@PurdueNEP**

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*Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - (SNAP) and USDA's Expanded Food and Nutrition Education Program - (EFNEP).*

## GROWING STRONGER, HEALTHIER COMMUNITIES

**One Partner at a Time**



**[eatgathergo.org](http://eatgathergo.org)**



Extension - Nutrition  
Education Program

## A Coordinated Approach to Community Wellness

Purdue Extension's Nutrition Education Program (NEP) offers a two-tier approach to lasting change.

### Nutrition Education Program Advisors (NEPA)

Best known for their cooking demonstrations and sharing food samples and cooking tools, our certified NEPAs offer a variety of free lessons for children, teens and adults. Online or in-person, our practical, hands-on programs will help your clients master:

- Stretching their food dollars
- Planning fast, easy and healthy meals
- Increasing physical activity
- And many other skills

#### Lessons take place throughout your community:

|                           |                 |
|---------------------------|-----------------|
| Senior/Community Centers  | Farmers Markets |
| Faith-Based Organizations | WIC Offices     |
| Food Pantries             | Work Sites      |
| Meal Sites                | Libraries       |
| Schools                   | Shelters        |



## NEP Target Audiences

The Purdue Extension Nutrition Education Program serves:

- SNAP recipients
- Limited-resource individuals of all ages
- Eligible Schools (50% or more, free & reduced lunch)
- Communities with high poverty rates



## Our Mission

The Nutrition Education Program serves limited-resource communities and agencies in five areas:

- Nutrition
- Physical Activity
- Food Safety
- Food Security (hunger)
- Food Resource Management (stretching food dollars)

Since we are grant-funded, **all services are free.**

## Community Wellness Coordinators (CWC)

With an eye toward long-term change, CWCs collaborate with community partners to impact policies, systems and environments. CWCs specialize in providing support services to community-driven public health efforts.

Projects completed across the state include:

|                                |                         |
|--------------------------------|-------------------------|
| Community Gardens              | Farmers Markets         |
| Formation of Health Coalitions | Farm-to-School Programs |
| School and Workplace Wellness  | Active Living           |
| Healthy Corner Stores          | Food Access             |
| Trails and Parks               |                         |
| Food Pantries                  |                         |

## WE'RE HERE

## TO HELP YOUR COMMUNITY



See our Impact Report on our communities we've helped in the last year.

[eatgathergo.org/about-nep](https://eatgathergo.org/about-nep)

