



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)

TAKE THE NEXT STEP TODAY!

Have you ever said, "I need to start taking care of myself?" Make your health — or your family's health — a priority.

Start your health journey today by signing up for our **free and fun nutrition classes**.

eatgathergo.org



Extension - Nutrition
Education Program

f Purdue Extension - Nutrition Education Program

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READY FOR THE NEW YOU?

Free virtual & in-person nutrition classes!



eatgathergo.org



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Come Learn with Us

Are you ready to learn more about nutrition and improve you and your family's health? Contact your local Purdue Extension Nutrition Education Program (NEP) today!

We provide FREE food and nutrition lessons for individuals and groups in your community. Our practical, hands-on programs will help you:

- Stretch your food dollars
- Plan fast, easy and healthy meals
- Handle food safely
- Increase physical activity
- Prepare healthy snacks
- Make vegetables fun and tasty
- Find out about SNAP benefits and other community resources



IMPROVING
NUTRITION AND HEALTH
IN COMMUNITIES STATEWIDE!

Your Health Partners

With our trained and certified nutrition advisors, you will unlock the secrets to a healthy lifestyle in a welcoming and encouraging environment. We will introduce you to new recipes and offer free kitchen tools. We will also surprise you with fun activities you can do alone or share with your family.



No Studying, No Grades!

In our classes, you learn by doing! Gain new cooking skills, sample delicious healthy recipes and discover exercise can be fun.



Try a Sample Lesson

It's easy to **join a class!** NEP offers lessons throughout your community at:

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

We also offer **virtual** and **video classes** to adult participants!