



Extension - Nutrition Education Program

NEP Target Audiences

Program serves:

SNAP recipients

Eligible Schools

The Purdue Extension Nutrition Education

· Limited-resource individuals of all ages

(50% or more, free & reduced lunch)

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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).

READY FOR THE NEW YOU?

Free virtual & in-person nutrition classes!



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Extension - Nutrition Education Program



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

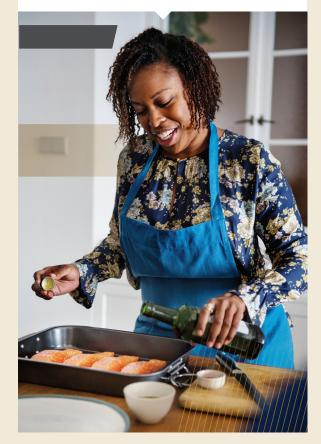


IMPROVING

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 Faith-based Organizations Food Pantries/Meal Sites Schools Farmers Markets

WIC Offices Work Sites Libraries Shelters

We also offer virtual and video classes to adult participants!