The Kentucky Nutrition Education Program uses a nationally recognized data evaluation system to monitor participant progress and measure the outcomes of the program.

Nutrition Education Programs are federally funded and conducted by the University of Kentucky Cooperative Extension Service.

**Programs are presented in a wide variety of locations, such as:**
- Schools
- Local Agencies
- Libraries
- Grocery Stores
- Farmers Markets
- Community Centers
- Housing Authorities
- Food Pantries

For more information, contact your local Cooperative Extension office:

**Compliments of:**
Boyle County Extension Office
99 Corporate Drive
Danville, KY 40422
859-236-4484

Or visit these websites:
http://fcs-hes.ca.uky.edu/content/nutrition-education-programs
http://www2.ca.uky.edu/county/

**COOPERATIVE EXTENSION SERVICE**

**UK**
**UNIVERSITY OF KENTUCKY**
College of Agriculture, Food and Environment

**SNAP**
Supplemental Nutrition Assistance Program

Copyright © 2015, for materials developed by University of Kentucky Cooperative Extension. This publication may be reproduced in portions or its entirety for educational or nonprofit purposes only. Permitted users shall give credit to the author(s) and include this copyright notice.

Educational programs of the Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

This material was funded by USDA’s Supplemental Nutrition Assistance Program — SNAP.
The Kentucky Nutrition Education Program provides educational opportunities for limited resource individuals to acquire knowledge, develop skills and change behaviors that lead to improved health and well-being.

The Kentucky Nutrition Education program empowers participants to achieve and maintain good health by encouraging habits such as, eating more fruits and vegetables, choosing low fat and high fiber foods and increasing physical activity within the constraints of a limited budget. Participants learn ways to make healthy food choices, avoid running out of food and prepare and store food safely.

Kentucky Nutrition Education Programs...
- Target low-income families, individuals and youth
- Focus on the nutritional needs of participants
- Provide youth programs based on school core content

After completing the Kentucky Nutrition Education Program, participants report:
- Preparing more low-cost, quick, healthy meals
- Improving use of food dollars
- Increasing breakfast eating habits
- Fewer food-borne illness as a result of improving food safety practices

Healthy Choices for Every Body is a nutrition education curriculum designed for teaching nutrition, cooking skills, food budgeting, and promoting physical activity to limited-resource audiences.