

## ***Nutrition Connections works!***

Our impact studies and participant feedback show that people who work with us make healthier choices, improving their diets and exercising more.

*The programs we've done with Terri Schoppmeyer have met with universal kudos: from a class called Healthy Food for One or Two on a Budget, to the Operation Frontline cooking classes. A number of participants in our cooking classes are lobbying for more cooking lessons. In April we began a Healthy Food Healthy Weight program designed to run initially for eight weeks, but are now continuing by a unanimous vote to run [indefinitely]. We've had such fun and learned so much from Terri and the materials she has brought to the programs.*

**Diane Giese, Executive Director,  
Seacoast Family Food Pantry**



## ***Call today***

The Nutrition Connections staff member in your area is:

Christine Parshall  
Extension Program Associate,  
Food and Nutrition  
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Cooperative Extension

# **NUTRITION CONNECTIONS**



*We help people develop  
knowledge, skills, and  
confidence for one of their  
most important jobs:  
**feeding their families***



*I have more confidence in the nutrition decisions I make for my family. We compare unit size and price. I'm bringing home more "new" produce. I have noticed my food stamps seem to go a little further. It's fun to see how I can get the most nutrition from the most affordable ingredients available.*

Home Visit Participant

Nutrition Connections, part of UNH Cooperative Extension, has offered nutrition education to low-income New Hampshire residents for more than 40 years. Our free programs motivate and empower adults and families to:

- Eat healthier, get more exercise.
- Reduce the risk of chronic illness, improve management of existing health problems.
- Read and understand food labels.
- Spend less at the supermarket and still make healthy choices.
- Plan/prepare nutritious, quick, tasty, low-cost meals.
- Prevent food-borne illnesses, which affect 1 in 4 Americans each year.

We offer programs to adult groups at locations such as employment-training centers, homeless shelters, and Head Start centers (parents). We also work with individuals and families in their homes when they need special attention, lack transportation, or can't attend a group session.

We tailor learning activities to the unique needs and strengths of participants. A typical program consists of 6 to 8 one-or two-hour sessions. We also offer a 6-lesson home-study course.

### **Interested?**

To refer individuals for in-home instruction or to request group programs, contact your county Nutrition Connections staff member listed on the back of this brochure.



We don't charge agencies for hosting a series or referring participants. For group classes, we ask cooperating agencies to make arrangements for meetings and remind participants of scheduled classes. Agencies requesting cooking classes provide the equipment, food, and supplies.

### **Nutrition Connections staff**

Extension nutritionists train all Nutrition Connections staff, using a practical, food-based approach that emphasizes healthy low-cost eating and involves the entire family.

We also serve a valuable support role for people who must follow special diets recommended by a registered dietitian or other health provider.

### **Our core curriculum**

Our lessons cover a variety of food- and exercise-related topics that include tips on helping children develop healthy eating habits and kitchen skills, ways to make family mealtimes enjoyable, and creating tasty, nutritious meals in a hurry.

We use many teaching tools, emphasizing hands-on activities such as food preparation, food sampling, and food-safety and portion-size demonstrations.

*After a series on walking for health, my group commented that walking every day at lunch really helped give them more energy for the afternoon. They also agreed with one member who said, Now we walk with our kids, so we can do something fun as a family.*

Cheryl Marsh, Workplace Success Program Facilitator, Concord