

FSNEP (Food Stamp Nutrition Education Program)

FSNEP also known as SNAP-ED is a program designed to teach healthy eating habits to families with young children. The program is designed to help families to achieve and maintain good health, to prepare and store food properly and to make healthy food choices on a limited budget.

Also, we offer youth programs based on school core content such as Professor Popcorn, LEAP (Literacy, Eating and Activity for Primary), and WIN (Wellness in Kentucky).

The benefits of this program is to help individuals to eat more fruits and vegetables, increase physical activity, improve use of food dollars and also to introduce healthier diets that reduce the risk of chronic diseases.

If you need more information and would like to sign up for a nutrition education class please call Tracey Turner (FSNEP Assistant) at (606) 593-5109 or email at tracey.turner@uky.edu or contact the Owsley County Extension Service.

Additional information about our programs can be found on our county website or by going on the internet and visiting these websites.

www.mypyramid.gov

www.snap-edconnection.gov