

Take  
Charge  
of YOUR  
Health



**EAT**

**healthier**

**Feel**

**BETTER**

# We can help!

## How? Come find out.

**TASTE** new foods,

**TRY** healthy recipes,

**MOVE** more,

**FEEL** better,

**MAKE** new friends,

and it's **FUN!**

The best way to prevent and treat chronic diseases like diabetes and heart disease is not to get them in the first place. Let us show you how eating right can make a difference in your life, now and in the future.

Give us a call and we'll help you get started.



**Contact our Family Nutrition Program  
Assistant listed below to find out  
how we can help.**

**or call, toll free, 1-888-814-7627**

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is funded by USDA's Supplemental Nutrition Assistance Program — SNAP which provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services.



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Produced by Communications and Marketing,  
College of Agriculture and Life Sciences, Virginia Tech

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