



Food \$ense

Who We Are, What We Do, and How We Can
Help Your Organization



Who are we?

Food \$ense is a nutrition education program offered through Utah State University Extension in every county in the state.

We are funded by federal dollars from

- USDA (United States Department of Agriculture) *and*
- FNS (Food and Nutrition Services) *and*
- FSP (Food Stamp Program)

Food \$ense can be found in almost every state in the U.S. and is offered by the extension services of the states' land-grant universities.

What do we do?

We provide free healthy eating and active lifestyle education through one-on-one or group instruction and activities.

A sample of the lessons we teach include the following:

- Stretching food dollars to last all month.
- Saving money at the grocery store.
- Menu planning.
- Making easy, quick and nutritious meals.
- Understanding MyPyramid and the 2005 U.S. Dietary Guidelines.
- The importance of physical fitness and exercise.
- How to feed infants and children.
- Food Safety.
- Lots, lots more!

How Can We Help at Your Organization?

- We understand that many of you worry about your employees and/or clients and whether or not they have the skills necessary to provide nutritious food for themselves and their families. We can help provide these skills by offering exceptional nutrition education lessons taught to groups or individuals at the convenience of the participants.
- The Food \$ense program is found in each county in the state of Utah so we have nutrition education assistants who can come to your location to give the lessons and demonstrations.
- Call us at 1-888-744-3232 for more information and ask for Eileen.

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