K-STATE RESEARCH AND EXTENSION

Kansas SNAP-Ed

SNAP-Ed provides evidence-based, interactive nutrition and physical activity education for families, seniors, and children. We help those we serve:

Enjoy more fruits and vegetables

✦

Choose and prepare nutritious meals and snacks

✦

Develop budgeting, shopping and cooking skills

✦

Use safe food handling, preparation and storage practices

All classes are FREE.

We are proud to serve those who receive food assistance or who are food assistance eligible.

We offer programs for students starting at the 4th grade level, seniors, Spanish-speaking classes, and food preservation/cooking classes at community gardens.

If you are interested in participating, please call and inquire about class dates and times.
Registration is required.

CONTACT:

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K-STATE Research and Extension | Sedgwick County

SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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. For information, call 1-888-369-4777.