The SCNEP Program Will Give YOU the Opportunity to LEARN MORE About . . .

MAKING MONEY and FOOD STAMPS GO FURTHER

- Meal planning
- Making a grocery list
- Grocery shopping
- Healthy food choices
- Budgeting

HEALTHY CHOICES FOR THE WHOLE FAMILY

- Support
- Encouragement
- Referrals
- Friendship
- Answers to questions

PREPARING DELICIOUS And SAFE FOOD

- Healthy Food Choices
- Nutritious Snacks
- New Food Ideas
- Preventing Disease

A SCNEP Program Assistant is eager to be your friend . . . call Today!

TO ENROLL OR LEARN MORE ABOUT THE SMART CHOICES PROGRAM, PLEASE COMPLETE.

☐ Yes, I would like to be enrolled in SCNEP.

Phone: ____________________________
Address: __________________________

☐ I would like to know more about the program. Please contact me at

Phone: ____________________________
(or) Address: ________________________

Your Signature: ____________________________

Give this form to the Food Stamp Worker or Mail to:

SCNEP Program Assistant
Rappahannock Extension Office
P.O. Box 119
Washington, VA 22747

Or Call (540) 675-3619
If you are willing to receive a visit in your home from a SCNEP Program Assistant, please write directions to your home here:

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Smart Choices Nutrition Education Program (SCNEP)

The purposes of SCNEP are to teach nutrition information and food related skills, to encourage families and individuals to adopt healthy eating habits, and to stretch their food resources.

The Smart Choices Nutrition Education Program (SCNEP), is strictly educational and is funded by the U.S. Department of Agriculture Food and Consumer Service. In Virginia, it operates as a program of Virginia Cooperative Extension, which is a division of Virginia Polytechnic Institute and State University (Virginia Tech) and Virginia State University.

There is no charge to participants

For more information, contact:

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Rappahannock Extension Office
P.O. Box 119
Washington, VA 22747

Tel: (540) 675-3619

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