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SNAP-ED

SUPPLEMENTAL NUTRITION
ASSISTANCE PROGRAM EDUCATION

A free program funded by the U.S. Department of Agriculture promoting healthy people, healthy places, and healthy communities in Mississippi.

Learn how to cook healthy foods
and save money!

Learn how to keep your family
healthy and feeling good!

AND IT'S FREE!



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Visit www.HappyHealthy.ms



for quick and easy step-by-step recipes and how-to videos



to sign up for a cooking class



to participate in a community garden



SNAP-ED IS ACTIVITIES THAT WILL HELP YOU TO

- read food labels in the grocery store.
- save money on groceries.
- make your food budget last until the end of the month.
- make healthier food choices.
- be more active.

THESE ACTIVITIES ARE TAUGHT BY AN EDUCATOR WHO

- lives in your community.
- knows what it is like to live there.
- cares about your success.

YOU WILL

- cook healthy meals yourself.
- learn about handling food safely.
- taste the food you cook.
- get copies of the recipes to take home.

WE SERVE CHILDREN AND THEIR PARENTS, ADULTS, AND OLDER ADULTS. ALL ARE WELCOME!



@HAPPYHEALTHYMS



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If you are eligible for assistance programs like SNAP, you are also eligible for SNAP-Ed.

To sign up for SNAP-Ed programs, contact your local Mississippi State University Extension Office:

