

The Virginia Family Nutrition Program

A Healthy Family Starts with You!



Take charge of your health today!

Team up with the Family Nutrition Program and start your journey to better living!

Through our interactive virtual program, learn how to:

- Incorporate more fruits & vegetables into your diet
- Save money on groceries
- Receive tips on how to move more throughout the day
- Make smart drink choices
- Prepare delicious, low-cost recipes that your family will enjoy
- Save time in the kitchen

Call today!

Smyth County - Kim Russell
276-783-5175

Tazewell County - Ella Whitt
276-988-0405

**Washington County &
City of Bristol** - Siera Wojciehowicz
276-676-6309

Wise County - Kristie Mullins
276-926-4605

Complete all sessions and get this bundle of reinforcements – shipped to your home!

Offered by: Phone, Zoom or Online

Flexible to meet your needs

Our Program is Free!



Virginia Cooperative Extension
Virginia Tech • Virginia State University

www.ext.vt.edu

Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program

www.eatsmartmovemoreva.org

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