

What is FNP

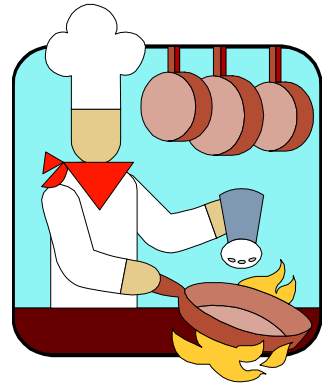
FNP is the Family Nutrition Program.

The Family Nutrition Program is part of Michigan State University Extension's Children, Youth and Family, Food, Nutrition and Health Program. It is a free nutrition education program offered to limited-income individuals and families.

FNP is brought to you by Michigan State University in cooperation with Michigan Family Independence Agency (FIA) and the United States Department of Agriculture (USDA) Food and Nutrition Services (FNS).

FNP can help you learn how to:

- Stretch your food dollar.
- Improve your shopping skills
- Make delicious, low cost, quick and easy meals and snacks.
- Add a variety to your diet that can lead to better health.
- Manage your resources.



How is FNP presented?

The Family Nutrition Program provides educational opportunities and experiences that promote healthy nutrition choices:

- To individuals and small groups
- In the home or at other community locations
- As a series of nutritional lessons
- As a presentation, covering one topic.

For more information about this program, contact the MSU Extension Office.

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