

Supplemental Nutrition Assistance Program (SNAP-Ed)

is a partnership between the University of Arkansas Cooperative Extension Service, the Arkansas Department of Human Services, and the USDA Food and Nutrition Service.

SNAP-Ed can help you....

- Fix healthy, low-cost meals and snacks for you and your family.
- Feel better and have more energy
- Get the most for your food dollar
- Develop spending and savings plans to make food last throughout the month

Who is eligible?

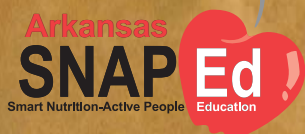
Nutrition Education is available to Supplemental Nutrition Assistance Program participants and other eligible low-income individuals and families.

Find out more...

Call your local county Extension Office or visit www.uaex.edu/nutrition to learn more.



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of Human Services

Make Mealtime a Family Time

- Schedule regular times for meals and snacks.
- Let your children help choose and prepare foods.
- Turn off the television during mealtime.
- Offer small portions, and let your children ask for seconds if they want them.
- Limit sweetened drinks like fruit punch and regular soft drinks.
- Offer plenty of fruits and vegetables.

Chicken & Broccoli Casserole

Ingredients:

- 1 pound fresh or 1 10-ounce package of frozen broccoli, cooked
- 1 cup cooked or canned chicken, drained
- 1 can cream of chicken soup (reduced-fat & low sodium)
- 1 cup reduced-fat cheese

Directions:

1. Cover bottom of casserole dish with cooked broccoli.
2. Cover broccoli with chicken and cream soup (undiluted).
3. Sprinkle with grated cheese.
4. Bake at 350 degrees for 20-30 minutes.

Great served over cooked rice or noodles!



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