

Nutrition program guides healthy choices on a limited budget

Tara Conn, a mother of three elementary-age children in Warsaw, Ind., credits Purdue Extension and the Family Nutrition Program (FNP) for her family's healthier diet. "They taught me about the importance of fresh fruits and vegetables, and how to cook safely," she says.

More than 680,000 people in Indiana like Conn receive food stamps. Thirty-six percent of students in the state's public schools qualify for free and reduced-price meals, and a larger-than-average percentage of these students is obese. The Family Nutrition Program, in partnership with Purdue Extension, the U.S. Department of Agriculture, and the Indiana Family and Social Services Administration, helps these low-income Hoosiers learn to make healthy food choices on a limited budget.

Conn also credits the program with teaching her to stretch her food dollars. "I would run out of food stamps before the end of the month before. Now I have enough to make it through."

Because the FNP program works in partnership with other organizations, it reached low-income families in more than 86 counties in Indiana. In 2010, FNP directly helped more than 212,000 people and indirectly reached another 547,000.

*You can learn more about these initiatives
here and online at:*

www.purdue.edu/makingadifference

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a difference for Hoosiers
everywhere.***

Making a Difference



Other Purdue Extension Programs

▶ **Poverty simulation teaches sensitivity and understanding**

Belinda Gutwein works with poverty-stricken families every day through her job. But participating in **Purdue Extension's poverty simulation program** gave her a whole new understanding of those she serves. She was so impressed by the Purdue Extension Tippecanoe County simulation that she set up a poverty simulation experience for her staff in Monon, Ind.



▶ **Economics game teaches youth to handle "Budget Busters"**

Indiana's children are learning more about economic concepts, personal finances, and budgeting, thanks to the **"Budget Busters"** game from Purdue Extension. Taught by Elkhart County Extension educator Laurie Sula, the game uses role playing to teach students how to make decisions about earning and spending money.



▶ **Purdue Extension helps consumers sharpen financial skills**

The **Get Checking** program from Purdue Extension offers education and skills to people denied the ability to open a checking account due to past financial problems. The program provides classes that qualify participants to open a new account. It also gives them the tools to manage finances efficiently and reach their financial goals.

