

Making the Healthy Choice the Easy Choice

Supplemental Nutrition Assistance Program– Education (SNAP-Ed)



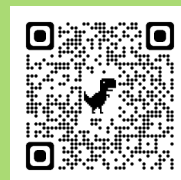
SNAP-Ed helps you stay healthy

- SNAP-Ed provides resources to help you make healthy choices and find food assistance.
- A healthy diet and active lifestyle can help prevent chronic conditions, such as high blood pressure, heart disease, and obesity.

SNAP-Ed teaches healthy tips and tricks

- Learn how much of each food group you need.
- Learn how to eat healthy while stretching your dollar.
- Find out what which fruits and veggies are in season.
- Learn how to start gardening.
- How to keep food safe and avoid illness.

Learn more!



SNAP-Ed serves people eligible for or receiving FoodShare

SNAP-Ed works with people eligible for, or receiving, SNAP benefits, which is called FoodShare in Wisconsin.



Email: dhssnap-ed@dhs.wisconsin.gov

Dial: 2-1-1 to speak to an Information and Referral Specialist

Visit: www.dhs.wisconsin.gov/nutrition/snap-ed.htm

This institution is an equal opportunity provider.

P-03632A (07/2024)

Division of Public Health

Wisconsin Department of Health Services