The healthy choice isn’t always the easy choice, especially on a limited budget. That is why Illinois Nutrition Education Program (INEP) staff at the University of Illinois Extension provide practical tips to help families prepare safe, healthy meals and be active every day.

- From October 2011 to September 2012, Extension INEP staff provided education to 153,739 Adults and 354,761 Youth.
- INEP works to reach those most in need. By forming partnerships with community agencies and organizations, we reach individuals and families where they need services most.
- INEP staff strive to reach members of the same family through a series of programming opportunities. This empowers a family to make changes not only for themselves but also for the betterment of the community.
- INEP is making a difference in our communities by:
  - Helping families make healthier food choices
  - Assisting families in managing their food budget
  - Encouraging families to be more physically active