

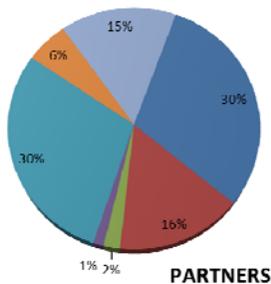


# Illinois Nutrition Education Program

## *Building Healthier Families*

Extension INEP staff collaborated with 1,268 community partners in 85 Counties to assist low income families to adopt healthier eating habits and become more physically active.

Distribution of Partnerships

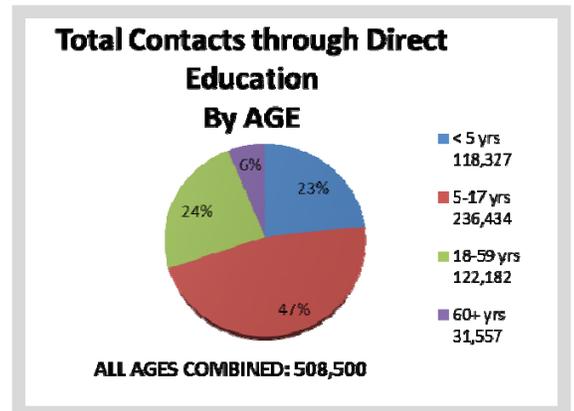


- Schools
- Food Pantries
- Grocery Stores
- Shelters
- Community Centers
- Public Housing
- Child Care Centers

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



Illinois Nutrition Education Programs (INEP) are funded by the Supplemental Nutrition Assistance Program (SNAP-Ed) of the USDA. Working with national, state, and local partners, INEP provides basic nutrition, food safety, and food budgeting education to limited-resource audiences. For more information about our program please contact: Jennifer McCaffrey at [jmccafr@illinois.edu](mailto:jmccafr@illinois.edu) or 217-300-1799



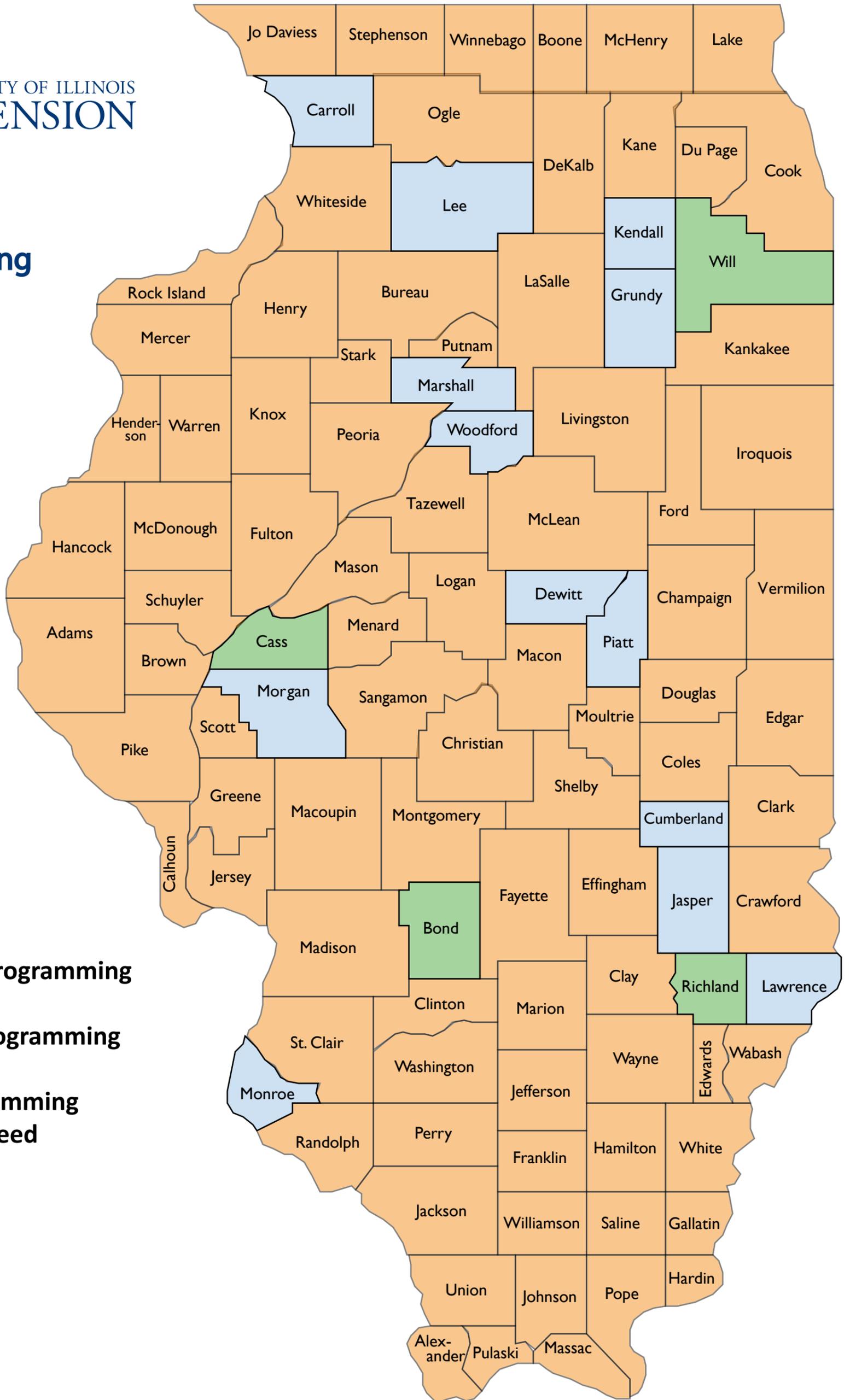
University of Illinois \* United States Department of Agriculture  
 \* Local Extension Councils Cooperating  
 University of Illinois Extension provides equal opportunities in programs and employment.  
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UNIVERSITY OF ILLINOIS  
EXTENSION

## SNAP-Ed Programming In Illinois Counties In 2012



### KEY

- Current Programming
- Future Programming
- No Programming  
Limited Need