

# PURDUE EXTENSION



## ***FNP Making a Difference in Indiana***

### **What is FNP in Indiana?**

The Family Nutrition Program is a nutrition education program for limited resource audiences operating in partnership with Purdue Extension, Indiana Family and Social Services Administration and the U.S.D.A.

The impact of FNP is maximized through its partnerships in education with community agencies and organizations such as the Division of Family resources, schools, learning centers, libraries, WIC, health departments, senior centers, congregate meal sites, shelters and crisis centers. In 2012 the program was provided in 91 Indiana counties.

### **What Audience is served?**

FNP serves SNAP (Supplemental Nutrition Assistance Program, formerly Food Stamps) recipients and SNAP eligible persons, such as singles, homeless, migrants, single mothers, families with and without children, and the elderly.

### **Educational Areas:**

- Food Safety
- Food Resource Management
- Food Security
- Physical Activity
- Dietary Quality

### ***Purdue Extension Delivers***

- We improve lives and livelihoods by delivering tested and trusted educational resources.
- Our information on business, the environment, family, youth, and other topics, is based on the latest scientific research.
- We draw upon the expertise of a national network of universities and bring it to local communities.
- Purdue Extension serves the people of Indiana (and beyond) to ensure a better quality of life for all.

### **2012 Outcomes and Impacts**

Of the clients surveyed:

- 77% improved their knowledge of MyPyramid/MyPlate recommendations.
- 59% increased their daily vegetable consumption.
- 65% increased use of the Nutrition Facts Label when shopping.
- 62% increased their daily fruit consumption.
- 43% increased planning meals for the week.

### ***Learn More About Purdue Extension***

The goal of FNP is to improve the likelihood that SNAP participants and applicants will make healthy choices within a limited budget and choose active lifestyles consistent with the current Dietary Guidelines for Americans.



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<http://www.purdue.edu/hhs/extension/fnp>