

## The Family Nutrition Program Monthly Topics for 2009 – 2010

Each month the Family Nutrition Program provides information on different topics that teach about the importance of eating fruits, vegetables, whole-grain foods, and fat-free or low-fat milk products and being physically active everyday.

October	Hand Washing
November	Prepare for Emergencies
December	Cooking Poultry Meat & Fish
January	Slow Cooker Safety
February	At-Risk Populations
March	Safely Storing Foods
April	Handling Fresh Produce
May	Foodborne Illnesses
June	Summer Food Safety
July	What To Do With Leftovers
August	Keep “Bag” Lunches Safe
September	Food Package Dating

**For more information contact:**



**FNP staff**

**teach and promote**

**safe and healthy eating**

**for families on a budget.**



**University of Illinois \* United States Department of Agriculture \*  
Local Extension Councils Cooperating**

University of Illinois Extension provides equal opportunities in programs and employment.

This material was funded by USDA's Supplemental Nutrition Assistance Program.



## FNP teaches the importance of ...

- eating fruits, vegetables, whole-grain foods, and fat-free or low-fat milk and milk products everyday.



- being physically active everyday.



- eating less and moving more.

*(Balance calories from food and beverages with calories burned.)*



## Family Nutrition Programs are available at many locations:

- Family Community Resource Centers
- WIC sites
- Head Start sites
- Food pantries
- Community centers
- Grocery stores
- Commodity food sites
- Housing authorities
- Homeless shelters
- Churches
- Schools
- Senior citizen centers
- Extension offices

