

## The Family Nutrition Program Monthly Topics for 2008 – 2009

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	Celebrate Pumpkins in Illinois
November	Food Portions
December	Family Meals
January	Fun and Active Families
February	Eating and Moving in Balance
March	Hidden Calories
April	Quick & Easy Meals
May	Whole-Grain Foods
June	Better Beverage Choices
July	Veggies
August	Fruits
September	Eat Less, Move More

**For more information contact:**



**FNP staff**

**teach and promote**

**safe and healthy eating**

**for families on a budget.**



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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

