

Sharing Gallery

- Visit the Sharing Gallery at <https://www.fns.usda.gov/fdpir/fdpir-sharing-gallery> for nutrition education materials, recipes, photos, news, grant opportunities, and more!



Nutrition Education



Grant Opportunities



News & Newsletters



Recipes & Cookbooks



Photos & Videos



Presentations & Training

- **Stay connected** and share your activities with us!

Contact: USDAFoods@fns.usda.gov



Partnering

Stay connected and partner with local universities, Tribal organizations, State and local agencies, and nonprofits in your community.

Collaborate with other USDA programs such as the Supplemental Nutrition Assistance Program Education (SNAP-Ed), the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and Child Nutrition Programs, such as School Meals and the Summer Food Service Program.

Funding

Additional funding resources are available for nutrition education activities. The Food Distribution Program Nutrition Education (FDPNE) Grant and the Supplemental Nutrition Assistance Program Education (SNAP-Ed) are two funding opportunities that may be right for your community.

- FDPNE Grant: <https://www.fns.usda.gov/fdpir/fdpir-nutrition-education-grant-awards>
- SNAP-Ed: <https://snaped.fns.usda.gov/state-contacts>



United States Department of Agriculture



Food Distribution Program on Indian Reservations (FDPIR)

Staying Healthy, Staying Active

Through Nutrition Education



FNS-665 • August 2017

USDA is an equal opportunity provider, employer, and lender.
Food and Nutrition Service



Hands-On Activities

Cooking Demonstrations
Taste Tests • Nutrition Classes

Hands-on nutrition education activities help FDPIR participants learn how to prepare nutritious USDA Foods.

Focus on Fruits and Vegetables and Whole Grains

Through group activities, FDPIR participants discover the benefits of adding more fruits, vegetables, and whole grains to meals.



Instructional Activities

Nutrition education provides participants with a better understanding of the nutrition value of USDA Foods.

Cookbooks • Recipes
Nutrition Facts Label

Readily available resources, including cookbooks and recipes, are widely used and help participants create tasty menus year-round.

Counseling

Nutrition counseling helps individuals focus on making healthy food choices.



Physical Activities

Gardening • Exercise

Friends and families stay active together with gardening and physical activity classes.

Physical activity can improve your health — today, tomorrow, and in the future.

