

# Making the Healthy Choice the Easy Choice

Supplemental Nutrition Assistance Program– Education (SNAP-Ed)



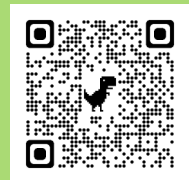
## SNAP-Ed helps you stay healthy

- SNAP-Ed provides resources to help you make healthy choices and find food assistance.
- A healthy diet and active lifestyle can help prevent chronic conditions, such as high blood

## SNAP-Ed teaches healthy tips and tricks

- Learn how much of each food group you need.
- Learn how to eat healthy while stretching your dollar.
- Find out what which fruits and veggies are in season.

## Learn more!



## SNAP-Ed serves people eligible for or receiving FoodShare

SNAP-Ed works with people eligible for, or receiving, SNAP benefits, which is



Email: [dhssnap-ed@dhs.wisconsin.gov](mailto:dhssnap-ed@dhs.wisconsin.gov)

Dial: 2-1-1 to speak to an Information and Referral Specialist

Visit: [www.dhs.wisconsin.gov/nutrition/snap-ed.htm](http://www.dhs.wisconsin.gov/nutrition/snap-ed.htm)

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Division of Public Health

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