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Office of Public Health Nutrition

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South Carolina Department of Health
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We promote and protect the health of the public and the environment.

Healthy, Active People Making Healthy Choices

Supplemental Nutrition Assistance Program (SNAP)



Promoting nutrition and health messages that will teach individuals how to eat healthy to help prevent and reduce the risk of chronic disease

1. Nutrition Education in SNAP Offices

Waiting room in SNAP offices will be stocked with nutrition education materials covering topics such as increasing fruit and vegetable consumption, decreasing fat, and increasing physical activity.

2. “Taking Charge in Meadowland” Interactive Play

The play uses puppet shows, music and juggling to target children in grades K-3 with nutrition information that helps them make healthy food choices and lead active lives. An activity book on nutrition and physical activity, with take home messages for parents, accompanies the play.



3. Project: DASH of Faith

This is a four-week, faith-based curriculum designed to assist church congregations who want to focus on preparing traditional southern fare using healthy recipes. Participants also focus on high consumption of fruit and vegetables, whole grain breads and others cereals, olive oil and fish. Each lesson includes a hands-on cooking class using recipes to make a complete meal, with each participant having the opportunity to taste each of the recipes prepared. Each recipe is designed to feed a family of 4-6 people.

4. Project: Take Charge of Your Plate

The program teaches individuals in food stamp offices, WIC clinics, Kids Café programs, and senior centers about the food guide pyramid and portion sizes. The importance of consuming 2½ to 5 cups of fruits and vegetables a day, whole, grains and lean protein is emphasized. The “Healthy Heart and Soul” cookbook, “Take Charge” measuring spoons, and “Take Charge of Your Plate” placemat are used to convey the messages.



5. Project: Take a Look at the Label

The project teaches the importance of using a grocery list, thrifty menu planning, and making healthy choices when shopping. The “Healthy Heart and Soul” cookbook is used for menu planning and quick, healthy meal ideas.



6. Project: Kids’ and Teens’ Taking Charge in the Kitchen

The program teaches kids and teens the importance of eating breakfast, decreasing fat, and increasing fruit, vegetable, and whole grains consumption. They are given tips on eating out and taught how to read nutrition labels. Healthy recipes are included in each lesson so participants can make healthy meals at home.

7. Nutrition Education Materials

Half-page fliers with nutrition messages are available. The messages include:

- Take in More Fruits and Veggies - 2½ to 5 cups a day
- Make Half Your Grains Whole
- Take Down Fat
- Take a Look at the Label
- Take Charge of Your Plate
- Take Action

8. USDA Initiative

- Eat Smart, Live Strong
- Loving Your Family, Feeding Their Future
- Eat Smart, Play Hard

