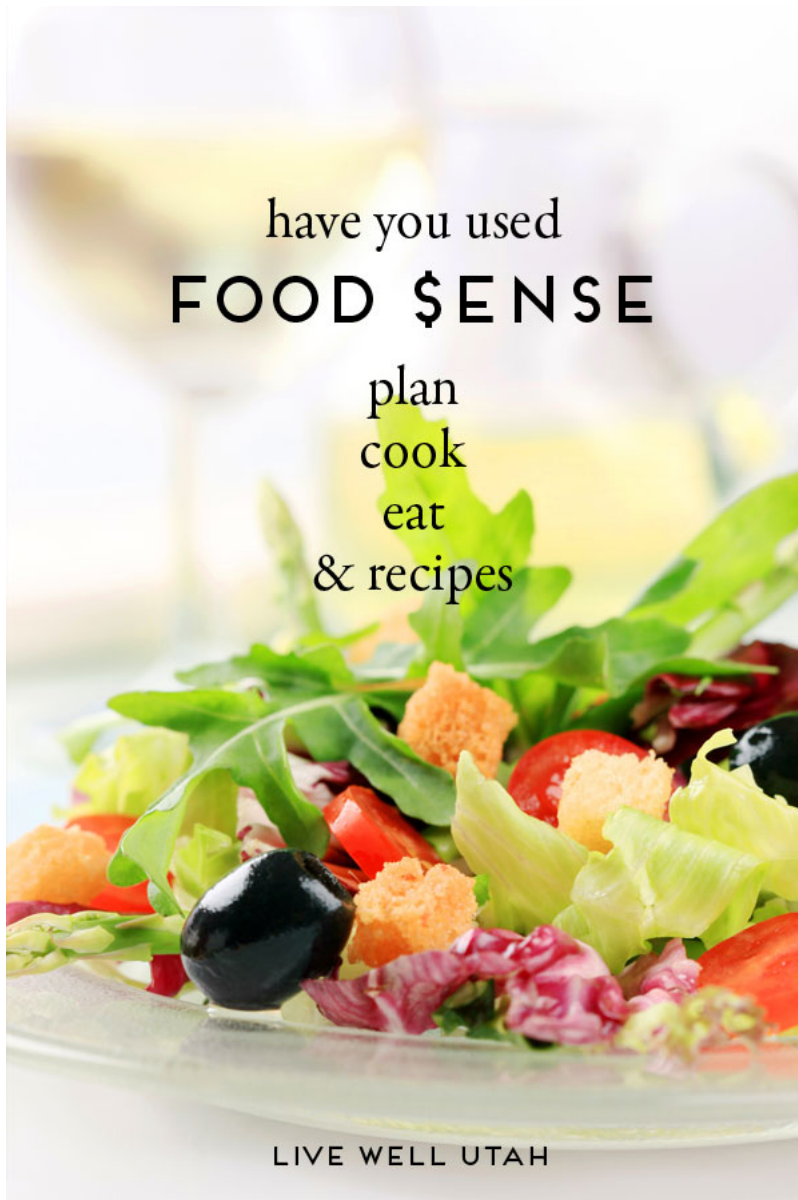


Resource Roundup – Food \$ense



Have you been over to the Food \$ense website? It's a wonderful website with tips on how to include your family in planning, cooking, and eating.

Be sure to check out these different areas:

Plan – Plan to Save, Plan a Menu, & Plan to Shop

Cook – Cooking Basics, Cooking Skills, & Cooking Safely

Eat – Eat Well, Eat Together, & Eat with the Kids

Recipes

What is Food \$ense?

Food\$ense is Utah's Snap Ed Program. They provide nutrition education to low-income individuals and families throughout the state. Food\$ense holds workshops throughout the state to promote healthy eating and active lifestyles among food stamp recipients and eligible.

[Click here](#) to learn more about Snap-Ed & Program.

Looking for more help with choosing what to eat? Also be sure to stop by ChooseMyPlate.gov for some great information!