

GREENE COUNTY

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Available Curricula

Preschool: Literacy, Eating, & Activity for Preschoolers (LEAP)



Grades K-2: The Organ Wise Guys

Grades 3-7: Choose Health



Grades 8-12: Teen Cuisine

Virginia Cooperative Extension Family Nutrition Program

The VCE Family Nutrition Program (FNP) helps limited income children and families acquire the knowledge and skills necessary to practice a healthier lifestyle. FNP staff and trained volunteers support schools with 50% or more students eligible for free and reduced meals. In qualifying schools, they teach participants the skills to make healthy choices, prepare nutritious snacks, and become more active for optimal health. FNP is also committed to encouraging healthy lifestyle changes through partnerships with School Health Advisory Boards, Health Coalitions, and other community organizations by facilitating policy, systems, and environmental changes that promote access to affordable, nutritious foods and physical activities.



Greene VCE

10013 Spotswood Trail
Standardsville, VA 22973

Hours: 8am - 5pm
Monday - Friday

Main Office: 434-985-5236
www.greene.ext.vt.edu

Website Launch

On October 1st, Virginia Family Nutrition Program is launching a new website. Visit www.eatsmartmovemoreva.org to learn more about our programs, download recipes, read the blog, watch exercise videos, and much more!



Eat Smart Move More: Meal Planning for Busy Families



- Only prep what you can use within 4 days (for food safety reasons)
- Cook a double batch to freeze or make a side salad for the week
- Prep fruits and veggies ahead of time to have as a grab-and-go snack
- Set it and forget it with a slow cooker

@MorganMartindellVaFNP

@VaFamilyNutrition

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