

Programs that promote well being by suggesting foods to eat that are good for you and providing information or counseling about keeping a balanced diet.

Links

Virginia Fresh Match for SNAP Recipients

Source

[Virginia Fresh Match for SNAP Recipients](#)

Article

Protect Yourself from SNAP EBT Scams

Be aware that criminals are trying to steal card benefits nationwide through scams that attempt to trick you into providing your EBT card information.

Source

[Virginia Department of Social Services](#)

Links

SNAP-Ed Recipes from USDA

Source

[SNAP-Ed Recipes from USDA](#)

Links

USDA Seasonal Produce Guide

Source

[USDA Seasonal Produce Guide](#)

Article

Elderly Simplified Application Project (ESAP) for SNAP

Virginia's ESAP launches on March 1, 2022 and will reduce the burden of paperwork for SNAP households with older adult members and streamlining the process.

Source

[DARS Office for Aging Services, Division of Community Living](#)

Article

Virginia Fresh Match

Virginia Fresh Match helps you buy more fruits and vegetables when you spend your SNAP dollars at participation farmers markets.

Source

[Virginia Fresh Match](#)

Article

Dietary Guidelines for Americans 2020-2025: Consumer Resources

Learn about the *Dietary Guidelines for Americans, 2020-2025* and explore consumer resources.

Source

[U.S. Department of Agriculture](#)

Article

Eat Right When Money's Tight

Food costs are on the rise. Read these SNAP tips for practical ideas on how to stretch your food dollars.

Source

[U.S. Department of Agriculture](#)

Article

NIH News in Health: Healthy Eating

NIH News in Health [newsletter](#) devoted to healthy eating topics.

Source

[National Institutes of Health](#)

Links

CDC: Nutrition

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[CDC: Nutrition](#)

Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)
- [Next page >>](#)
- [Last page Last >>](#)

Showing 1-10 of 32 Results