

FACT SHEET

Ohio Family Nutrition Program

What is the Ohio Family Nutrition Program (FNP)?

The Ohio Family Nutrition Program consists of two primary components: nutrition education for adults and nutrition education for youth at Summer Food Service Program sites. The Ohio Department of Job and Family Services partners with Ohio State University (OSU) Extension to provide Ohio's Family Nutrition Program to improve the nutrition of families and individuals who are eligible for food assistance.

Who is eligible for Ohio's Family Nutrition Program?

The program's primary target audiences are:

- adults with children (including adolescent parents and pregnant teens in out-of-school settings);
- adults without children;
- elderly (60 years and older); and
- youth participating in the Summer Food Service Program.

What are the topics addressed in the nutrition education programs?

The Ohio Family Nutrition Program provides classes on: basic nutrition, food safety, food preparation, thrifty food shopping, physical activity and other topics, all of which follow the USDA Dietary Guidelines for Americans. Classes are offered through OSU Extension county offices. The location and content vary from county to county, based on the needs of the local area. To find out what is being offered in your area, [click here](#).

What is the Summer Food Service Program ?

The Summer Food Service Program was established to ensure that low-income children continue to receive nutritious meals when school is not in session. Free meals, which meet federal nutrition guidelines, are provided to all children at approved Summer Food Service Program sites in areas with significant concentrations of low-income children. The Ohio Family Nutrition Program collaborates with the Summer Food Service Program sponsors in 18 counties to offer nutrition education programs for the children right before or after mealtime.

To find out if the Summer Food Service Program is offered in your county, [click here](#).