

## **Nutrition Information and Counseling**

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**

Source

[CDC: Nutrition](#)

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