



DC EAT SMART/MOVE MORE PROGRAM (Supplemental Nutrition Assistance Program: Nutrition Education and Obesity Prevention Grant Program – SNAP-ED)

WHO ARE WE?

DC EAT SMART/MOVE MORE is a nutrition education program in the [District of Columbia Department of Health](#) that is funded by the USDA [Food and Nutrition Service \(FNS\)](#). EAT SMART/MOVE MORE is a partnership between the District of Columbia Department of Health, Nutrition and Physical Fitness Bureau and the Department of Human Services, Economic Security Administration.

Our mission is to promote healthy lifestyles and encourage SNAP participation in the District of Columbia. SNAP is the largest program in the domestic hunger safety net.

The goal of our program is to provide nutrition education to residents of the District of Columbia that will help them to make healthy food choices that are consistent with the Dietary Guidelines for Americans and My Plate.

WHEN DID THE PROGRAM START IN THE DISTRICT OF COLUMBIA?

The program began in the District of Columbia in 2003.

WHAT SERVICES DO WE PROVIDE?

We provide services where at least 50% of the population has gross incomes at or below 185% of poverty. Our services include interactive nutrition education classes, obesity prevention, food/cooking demonstrations, referrals to safety net programs and information booths at health fairs and farmers' markets.

DC SNAP-ED will help you learn how to:

- Lead a healthier life
- Improve your diet
- Manage your weight
- Increase your physical activity
- Improve your skills in food budgeting and meal planning
- Include more fruits, vegetables, whole grains and low-fat dairy products in their diet



DC EAT SMART/MOVE MORE



WHO ARE OUR PARTNERS?

Our DC partners include DC Public Schools, Public Chartered Schools, Day Care Centers, Senior Centers, Recreation Centers, Churches and many other Community Outreach Programs.

For more information about the program, please contact us at:

DC Department of Health, Nutrition and Physical Fitness Bureau
Supplemental Nutrition Assistance Program-Education (SNAP-Ed)
899 N. Capitol ST NE, 3rd floor
Washington, DC 20020
nazneen.ahmad@dc.gov
(202) 442-5925 Phone; (202) 535-1710 Fax



“This material was funded by USDA’s Supplemental Nutrition Assistance Program.”

“USDA is an equal opportunity provider and employer.”

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability or retaliation