

The Virginia Family Nutrition Program

Recipes

Tasty, low-cost, healthy recipes for busy families



Everyone should have access to healthy, nutritious foods. The Virginia Family Nutrition Program (FNP) encourages Virginians to eat smart by making healthy food and lifestyle choices. Learn how to plan and cook healthy snacks and meals on a budget at:

eatsmartmovemoreva.org

Resources:

- [Recipes: eatsmartmovemoreva.org/recipes/](https://eatsmartmovemoreva.org/recipes/)
- [Cook Smart Eat Smart with Kids! Cookbook: https://bit.ly/2Wen2aN](https://bit.ly/2Wen2aN)
- [PACK-IT Cookbook: https://bit.ly/35EUfj](https://bit.ly/35EUfj)
- [Meal Planning: https://eatsmartmovemoreva.org/plan/meal-planning/](https://eatsmartmovemoreva.org/plan/meal-planning/)
- [Cooking Basics: https://bit.ly/2yzMY7C](https://bit.ly/2yzMY7C)
- [The Dietary Guidelines for Americans: https://bit.ly/2yEY5wf](https://bit.ly/2yEY5wf)
- [FNP Programs: https://bit.ly/3cpqjti](https://bit.ly/3cpqjti)
- [FNP Blog: https://eatsmartmovemoreva.org/blog/](https://eatsmartmovemoreva.org/blog/)
- [Virginia Fresh Match: https://bit.ly/3bcg3mU](https://bit.ly/3bcg3mU)
- [Sticking to Your Budget: https://bit.ly/35JI97V](https://bit.ly/35JI97V)

Build Your Own: <https://bit.ly/3drftU4>

- Wraps
- Sweet and Savory Dips
- Snack Mixes
- Dinners in a Cup
- Pasta Dishes
- Omelets
- Casseroles
- Stir Frys
- Tex Mex Meals
- Smoothies
- Soups
- One Pan Meals
- Salads
- Salsas
- Overnight Oats
- Grain Bowls

For more information contact:

Follow us @VaFNP



 **Virginia Cooperative Extension**
Virginia Tech • Virginia State University

www.ext.vt.edu

Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program

www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP - and the Expanded Food and Nutrition Education Program (EFNEP). SNAP is funded by the U.S. Department of Agriculture Food and Nutrition Service and the Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA).

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.