

Nutrition research has helped us understand the relationship between diet, health, and disease. Making healthy eating choices and maintaining a balanced diet are important for maintaining good overall health.

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Healthy, Thrifty Holiday Meals

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Videos

Malnutrition and Food Insecurity for Older Adults

Explore 5 videos on malnutrition and food insecurity for older adults.

Source

[Virginia Department for Aging and Rehabilitative Services \(DARS\)](#)

Links

Virginia Fresh Match for SNAP Recipients

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[Virginia Fresh Match for SNAP Recipients](#)

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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.

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[Virginia Department of Social Services](#)

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SNAP-Ed Recipes from USDA

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[SNAP-Ed Recipes from USDA](#)

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USDA Seasonal Produce Guide

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SNAP and Farmers Markets

Learn all about shopping at Farmers Markets with SNAP!

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[Virginia Department of Social Services](#)

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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.

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[Virginia Fresh Match](#)

Article

[A Simple Guide to Virginia SNAP Benefits](#)

Learn all about Virginia SNAP benefits.

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