

## **Nutrition**

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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Article

## **SUN Bucks (Summer EBT)**

SUN Bucks is a new grocery benefit available across most of the U.S. Families with eligible school-aged children can receive help to buy groceries during the summer.

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[Department of Social Services](#)

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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[USDA Seasonal Produce Guide](#)

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## **SNAP and Farmers Markets**

Learn all about shopping at Farmers Markets with SNAP!

Source

[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 streamling the process.

Source

[DARS Office for Aging Services, Division of Community Living](#)

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## **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](#)

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

Learn all about Virginia SNAP benefits.

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[Virginia Department of Social Services](#)

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## [Senior Nutrition](#)

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