

Nutrition Counseling and Support For Families on a Budget

Grant County WIC Program

111 S. Jefferson Lancaster **723-6416**

The Women, Infants & Children program has trained dietitian/dietetic aides providing individual counseling to pregnant women and parents of young children. They can answer parents' questions, for example about low-fat eating for adults or appropriate portions for children. Call to make an appointment to enroll.

www.co.grant.wi.gov

SWCAP Head Start

138 S. Iowa St Dodgeville **800-494-8899**

Part of the Head Start mission is to ensure the health of the children enrolled in its preschool centers. A trained nutritionist supervises the nutrition activities and helps parents learn how to select healthy, well-balanced meals on a budget. Call to receive an application for enrollment. www.swcap.org

UW-Extension Nutrition Education Program

Fairgrounds

916 E. Elm Lancaster **723-2125**

Nutrition educators can visit limited income families in their homes to teach nutrition. Extension educators can offer parents individualized lessons in planning and cooking healthy low-cost meals and in setting physical activity goals. Call for more information.

www.uwex.edu/ces/cty/grant