

# **Nutrition Counseling and Support For Young Families on a Budget**

## **Grant County WIC Program**

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

The Women, Infants & Children program has trained dietitian/dietetic aide 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](http://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](http://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/](http://www.uwex.edu/ces/cty/grant/)