

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](#)

Article

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](#)

Links

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](#)

Article

SNAP and Farmers Markets

Learn all about shopping at Farmers Markets with SNAP!

Source

[Virginia Department of Social Services](#)

Article

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.

Source

[Virginia Fresh Match](#)

Article

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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