

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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SNAP and Farmers Markets

Learn all about shopping at Farmers Markets with SNAP!

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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.

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Virginia Fresh Match

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