Q. What is your role as a NEP Assistant, and what do you enjoy most about it?

A. I give information to families and groups that want to improve their lifestyle. I love helping people. This program helps a variety of people in so many ways.

Q. What is a cost-efficient way to find fruits and vegetables out of season?

A. Freeze them yourself when they are in season, if you have room.

Q. What are some easy and healthy snacks parents can feed their children?

A. Make it fun, let them draw faces on oranges before they peel them to eat. Cut a banana in half, put chocolate chips for eyes and a mouth to make ghosts. Put a piece of fruit in an ice cube tray with some water to add to a glass of water later.

Q. What do you feel is the most important aspect of nutrition that you tell your clients?

A. Everyone is different - eating a variety in moderation is so important. Low fat whole grains, lean protein, physical activity, portion sizes, baking, cooking healthy, recipes, there are a lot of answers.

Find your local NEP Assistant by visiting the Nutrition Education Program website: http://www.purdue.edu/hhs/extension/fnp/