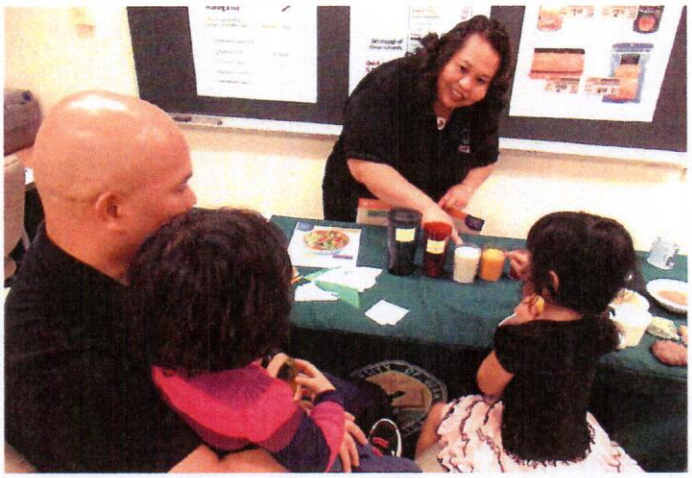
Supplemental Nutrition Assistance Program Education (SNAP-Ed)

Are you eligible for SNAP benefits?

Do you want to learn how to plan healthy meals?

Then, we'd love to help you, FOR FREE!



Brown Rice Fried Rice

$1.36 /SERVING

Serves
6, 1 cup servings

Prep time
10 minutes

Cooking time
15-20 minutes

Good source of
- Vitamin A
- Vitamin C
- Protein

Ingredients
- 2 tbsp. vegetable oil
- 2 cups cooked brown rice
- 1 carrot diced
- ½ bell pepper, chopped
- ½ cup onion, chopped
- ½ cup broccoli, chopped
- 2 tbsp. lite soy sauce
- ½ tsp. black pepper
- ½ tsp. garlic powder
- 2 eggs, beaten
- ¾ cup cooked diced chicken

Nutrition Facts

Serving Size 1 cup (212g)
Servings Per Container 6

Amount Per Serving	
Calories 230	Calories from Fat 70
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 610mg	25%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 12g	

Vitamin A 50% • Vitamin C 40%
Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

College of Natural & Applied Sciences
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Our nutrition education program is four fun lessons where we will plan, cook, and taste healthy meals. We will also guide you to a healthier lifestyle. Eating healthier foods and being more active can make your life a whole lot better. At the end of our program, you will also know how to better manage your food budget and how to keep food safer and longer than ever before.

Who: You must meet the SNAP eligibility requirements. We will meet in groups.

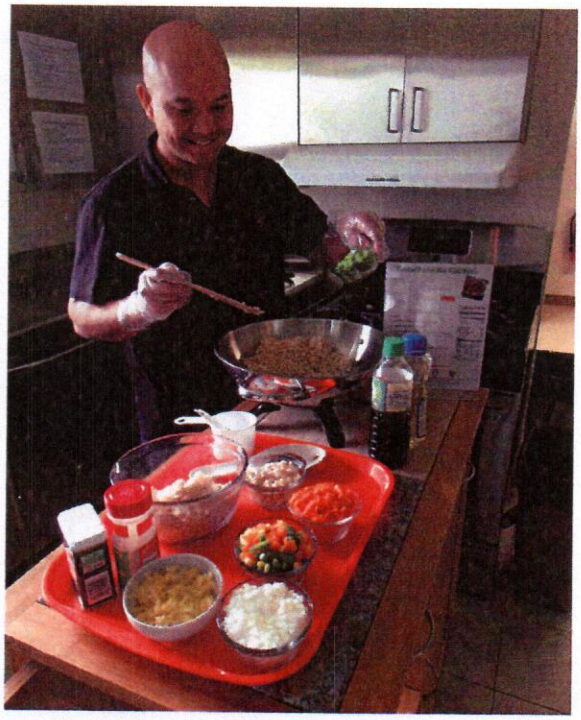
Where: We will meet you where you are.

When: One hour a week for four weeks, available from 9:00 AM–4:00 PM, Monday–Friday.

How: We teach in small groups where you can ask all the questions you want.

How much: Yes, it's free!

How to contact us:
CNAS.NutritionPrograms@gmail.com
http://cnas-re.uog.edu/snap-ed
(671) 735-2030



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354 or (671) 735-7288.

SNAP Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach

PUBLIC HEALTH SOCIAL SERVICES