

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

## **VDSS Launches Disaster SNAP Benefits for Victims of Hurricane Helene**

In response to the widespread devastation caused by Hurricane Helene, VDSS is offering a new, temporary Disaster Supplemental Nutrition Assistance Program (D-SNAP) to assist residents in qualifying affected counties.

Source

Virginia Department of Social Services

Article

## **Healthy, Thrifty Holiday Meals**

Make tasty, affordable holiday menus with SNAP-Ed Connection recipes. Explore recipe options for holidays throughout the year!

Videos

## **Malnutrition and Food Insecurity for Older Adults**

Explore 5 videos on malnutrition and food insecurity for older adults.

Source

[Virginia Department for Aging and Rehabilitative Services \(DARS\)](#)

Links

## **Virginia Fresh Match for SNAP Recipients**

Source

[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.

Source

[Virginia Department of Social Services](#)

Links

## **SNAP-Ed Recipes from USDA**

Source

[SNAP-Ed Recipes from USDA](#)

Links

## **USDA Seasonal Produce Guide**

Source

[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 streamling 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](#)

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