Welcome to the Expanded Food and Nutrition Education Program

SIMPLE SOLUTIONS TO HELP FAMILIES EAT SMART AND MOVE MORE

Through the Expanded Food and Nutrition Education Program you will explore how you can:

- Cook and eat more meals and snacks at home
- Eat more fruits and vegetables
- Be more active
- Reach and/or stay at a healthy weight
- Save money on food
- Control portion sizes
- Have more energy
- Keep food safe

What do you want to do to improve your health?

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What are some topics you would like to learn more about? Circle any that apply.

- Eating more fruits and vegetables in meals
- Being more active
- Picky eaters
- Healthy weight
- Keeping food safe
- Freezing or canning
- Saving money on food
- Cooking
- Reducing food waste
- Planning quick, nutritious meals
- Other:

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Easy Fruit Salad
Makes 10 servings | Serving Size: 1/2 cup

Ingredients
• 1 (20-ounce) can pineapple chunks in juice, drained
• 1 (15-ounce) can fruit cocktail in juice, drained
• 2 small bananas, sliced
• 1 (8-ounce) low-fat yogurt (try vanilla or lemon)

Directions
1. Drain pineapple chunks and fruit cocktail.
2. Wash, peel and slice bananas.
3. Mix fruits and yogurt together.
4. Cover and chill until ready to serve.

Nutrition information Per Serving
100 calories
Total Fat 0 g
Saturated Fat 0 g
Protein 2 g
Total Carbohydrate 23 g
Dietary Fiber 2 g
Sodium 15 mg

For variation use the following fresh fruits, instead of canned:
• 1 cup grapes, seedless, halved
• 2 cups cantaloupe, cut into bite size pieces
• 1 cup strawberries, quartered
• 1 cup apple, cut into bite size pieces

Hint: If the pineapple and fruit cocktail are left out, add a little lemon juice to bananas and apples to prevent browning.

Turn on the Radio
Turn on the radio or put on your favorite song and dance. Get your children involved. You will have fun while getting some physical activity. Make it an everyday event!