

# 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

**Look at the list below and check the 3 topics that interest you most.**

- |  |   |
|--|---|
| <input type="checkbox"/> Easy recipes                            | <input type="checkbox"/> Plan more family meals                                       |
| <input type="checkbox"/> Keeping food safe                       | <input type="checkbox"/> Shortcuts to get meals on the table in less time             |
| <input type="checkbox"/> Stop throwing food away                 | <input type="checkbox"/> Help my child(ren) stay healthy                              |
| <input type="checkbox"/> Maintain a healthy weight               | <input type="checkbox"/> Agencies that can help/ How to sign-up for SNAP/WIC benefits |
| <input type="checkbox"/> Couponing/saving money at the grocery   | <input type="checkbox"/> Snacks   |
| <input type="checkbox"/> Shopping at the Farmers Market          | <input type="checkbox"/> Growing my own food  |
| <input type="checkbox"/> Be more active/Help kids be more active |   |
| <input type="checkbox"/> Other: _____                            |   |

When I think about myself and my family, what topic listed above is of most interest to me?

\_\_\_\_\_

My top reason for being committed to my health:

\_\_\_\_\_

When I complete this class, I would like to:

\_\_\_\_\_



# Easy Fruit Salad

Makes 10 servings | Serving Size: 1/2 cup

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

## 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) non-fat, low sugar yogurt

## 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 Carbohydrate	23 g
Total Fat	0 g	Dietary Fiber	2 g
Saturated Fat	0 g	Sodium	15 mg
Protein	2 g		



 **Look for Local:** Consider using local fruits that are fresh and in season.

 **Hints:** Fill freezer tray with pineapple juice and use for a delicious, flavored water.

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



# Play Some Tunes

Put on your favorite playlist and dance. Get your children involved. You will have fun while getting some physical activity. Make it an everyday event!