

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



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.

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		



Good source of Vitamin C



MOVE MORE



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!