



Eating Smart • Being Active

Learn how to make healthy eating and active living part of your family life. Each meeting features a healthy food demonstration. This is offered at **no cost** to you.

Learn how to:

- choose healthy foods
- save money on your food budget
- cook low-cost recipes
- keep your family active

Topics:

- Welcome to Eating Smart • Being Active
- Get Moving!
- Plan, Shop, Save
- Fruits and Veggies: Half Your Plate
- Make Half Your Grains Whole
- Go Lean with Protein
- Build Strong Bones
- Make a Change
- Celebrate! Eat Smart & Be Active

Location:

Dates:

Time:

Graduate with a **Certificate of Completion** at the end of the series!

#EFNEPWorks

For more information contact:



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources