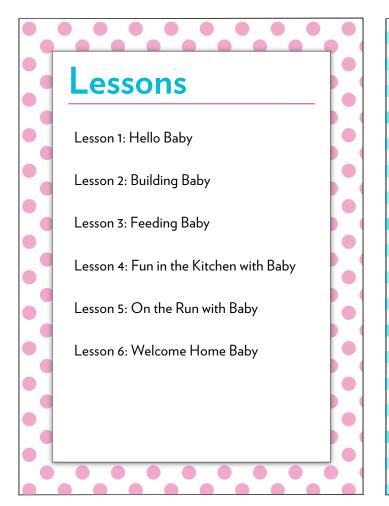
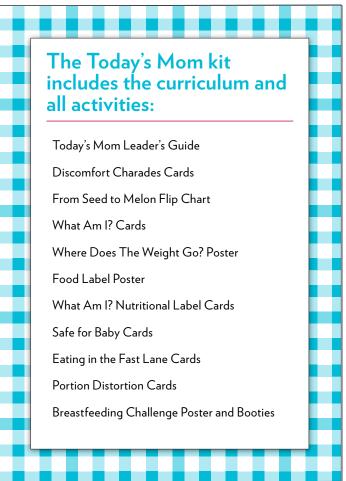


Order Today's Mom

Today's Mom teaches nutrition and healthy lifestyle choices to moms-to-be. Eating well can help moms-to-be have healthy pregnancies and healthy babies. In conjunction with diet, physical activity can help them have a more comfortable pregnancy and easier delivery. Today's Mom aims to improve the dietary and physical activity habits of moms-to-be in ways that are sustainable before, during, and after pregnancy.





Today's Mom is comprised of a series of six lessons, each containing clearly stated goals. Each lesson has verbal and written instructions along with activities. Lessons are scripted to make delivery easy. Accompanying materials reinforce lesson concepts and make learning about healthy eating simple and fun. Each lesson includes hands-on activities, recipes, and more.

To order Today's Mom, visit www.aces.edu/todaysmom

All forms and handouts can be customized for your state.

FOR MORE INFORMATION CONTACT:

Stephanie Helms, Extension Specialist
Expanded Food & Nutrition Education Program
Alabama Cooperative Extension System
P.O. Box 519
Andalusia, AL 36420

woodysb@auburn.edu phone: 334-222-1125

