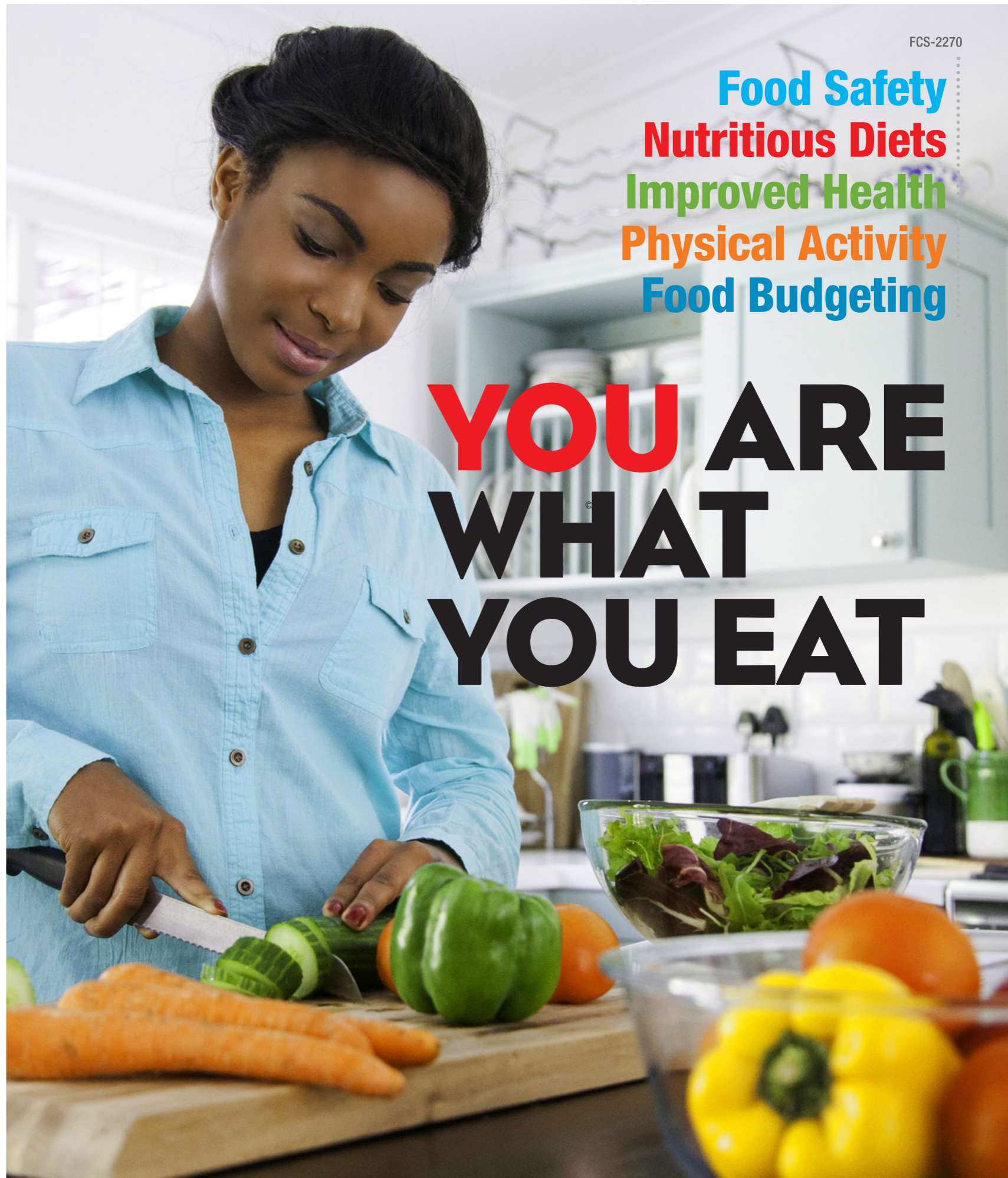


Food Safety
Nutritious Diets
Improved Health
Physical Activity
Food Budgeting

YOU ARE WHAT YOU EAT



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- Lesson 1: Welcome to Eating Smart • Being Active
- Lesson 2: Get Moving!
- Lesson 3: Plan, Shop, \$ave
- Lesson 4: Fruits & Veggies: Half Your Plate
- Lesson 5: Make Half Your Grains Whole
- Lesson 6: Go Lean With Protein
- Lesson 7: Build Strong Bones
- Lesson 8: Make a Change
- Lesson 9: Celebrate! Eat Smart & Be Active

FREE
WORKSHOPS