

# Eating Smart • Being Active

Eating Smart • Being Active offers research-based information about nutrition, physical activity, food safety and making the most of your food dollars. It is a **FREE** program provided by University of Missouri Extension Family Nutrition Education Programs. Interactive lessons focus on simple messages related to food, nutrition and tips for feeding your family. Lessons focus on food preparation and physical activity, and include items that reinforce lesson topics as well as a certificate of completion at the end of the program.



## Lesson 1: Welcome to Eating Smart • Being Active

- Learn cooking skills and knife safety.

## Lesson 2: Get Moving!

- Explore fun ways to be active.

## Lesson 3: Plan, Shop, \$ave

- Find new ways to plan and shop for meals and snacks that are healthy and fit in your budget.

## Lesson 4: Fruits and Veggies—Half Your Plate

- Learn how to increase the amount and types of vegetables and fruits your family eats every day.

## Lesson 5: Make Half Your Grains Whole

- Discuss ways to ensure your family consumes at least half of their grains as whole grains.

## Lesson 6: Go Lean With Protein

- Learn about lean protein foods and food safety.

## Lesson 7: Build Strong Bones

- Find out how to get enough calcium from low-fat or nonfat dairy foods or other foods high in calcium.

## Lesson 8: Make a Change

- Pick up tips for limiting fat, sugar and salt.

## Lesson 9: Celebrate! Eat Smart and Be Active

- Discuss feeding children, and celebrate new knowledge and skills for making healthy food and activity choices.



## Classes are coming soon to:

Location:

Dates:

Time:

For registration or more information, contact:

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to [mydss.mo.gov/food-assistance/food-stamp-program](http://mydss.mo.gov/food-assistance/food-stamp-program).