

The Virginia Family Nutrition Program

Eating Smart • Being Active
a free 8-session program



Take charge of your health today!

Join us and start your journey to better living.
In our program you will learn how to:

- Be active with the whole family
- Plan meals, shop, and save money
- Fill half of your plate with colorful fruits and vegetables
- Find out why you need fiber and how to get enough
- Discover why you still need dairy foods as an adult
- Choose lean protein foods, including vegetarian options
- Make small changes that will lead to healthier living
- Prepare new recipes your kids will love

Fun gifts at each meeting!

Select from:

- “Cooking is a SNAP” Cookbook
- Measuring cups and spoons
- Vegetable scrub brush
- Exercise stretch band
- Food & refrigerator thermometer
- Water bottle
- Cutting mat set
- Silicone spatula
- Insulated lunch bag
- Grocery list pad



Join Us!

Follow Us | Like Us



“I loved learning to prepare new health foods that fit in my budget.”

“I realized how much sugar was in my drinks, made a change, and I’ve already lost a few pounds.”

“Our group leader inspired me to make simple changes that have helped me feel great.”

“I was so sad when the class was over. I’m ready to sign up again.”

 **Virginia Cooperative Extension**
Virginia Tech • Virginia State University

www.ext.vt.edu

Eat Smart • Move More
Virginia Cooperative Extension • Family Nutrition Program

www.eatsmartmovemoreva.org

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