

EATING SMART & BEING ACTIVE

PROGRAM TOPICS

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

The 8 lessons include:
food tasting, recipes,
movement breaks,
handouts, gifts
and a graduation certificate-
all at no cost!

What a dad had to say...

"I took the shopping list and expanded it into a worksheet. I then proceeded to go through the store comparing prices until I was able to create an ideal shopping list. I have saved a bundle of money and plan on sharing the list with friends and family."



Participants learn how to...

- Keep themselves and their family fit and active
- Make healthy food choices
- Save money at the grocery store
- Plan and prepare low-cost, tasty meals

Who is eligible for this program?

Adults, caring for children, who are eligible for assistance programs such as WIC, Cal Fresh or Head Start.

Where are the classes taught?

English, Spanish, & Mandarin language classes are offered at your agency or school.

FOR MORE INFORMATION AND TO SCHEDULE A SERIES, CONTACT:

NELLY CAMACHO, NLCAMACHO@UCANR.EDU

ALICIA FRATICELLI, AFRATICELLI@UCANR.EDU

CONNIE TAN, TCTAN@UCANR.EDU



The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.org/sites/anrstaff/files/107734.doc>) Inquiries regarding the University's equal employment opportunity policies may be directed to John Sims, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 2nd Street, Davis, CA 95618, (530) 750-1397.



University of California
Agriculture and Natural Resources
Nutrition Education