

EFNEP's Families

 **Eating Smart**
AND
Moving More 



Simple solutions



to help families
eat smart and
move more

Through the Expanded Food and Nutrition Education Program you will explore how you and your family can:

- Prepare and eat more meals at home
- Eat more fruits and vegetables
- Increase physical activity
- Make healthy drink choices
- Limit TV time
- Control portion sizes
- Keep food safe

