

INTRODUCTION



Welcome to the Expanded Food and Nutrition Education Program

The Expanded Food and Nutrition Education Program (EFNEP) is pleased to offer you **Families Eating Smart and Moving More.**

Over the next few weeks you will learn how to:

- 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

Next Session

Date _____

Time _____

Place _____



A large banner for EFNEP's Families Eating Smart AND Moving More. The background is yellow with a pattern of faint, stylized icons of a fork, knife, and person. At the top, the logo "EFNEP's Families Eating Smart AND Moving More" is displayed in black and red. Below the logo, there are two photographs. The left photo shows a woman in a red tank top and a girl in a blue dress washing a white car. The right photo shows a man, a woman, and a child sitting at a table eating a meal. To the right of the photos, the text "Simple solutions" is written in a large, red, sans-serif font. At the bottom of the banner, the text "to help families eat smart and move more" is written in a red, sans-serif font.



EASY FRUIT SALAD

Makes 10 servings

Serving Size: 1/2 cup

Ingredients

- 2 small bananas, sliced
- 1 (20-ounce) can pineapple chunks in juice, drained
- 1 (8-ounce) low-fat yogurt (try vanilla or lemon)
- 1 (15-ounce) can (2 cups) fruit cocktail in juice, drained

Directions

1. Wash, peel and slice bananas.
2. Drain pineapple chunks and fruit cocktail.
3. Mix fruits and yogurt together.
4. Cover and chill until ready to serve.




For variation use the following fresh fruits, instead of canned:

- 1 cup grapes, seedless, halved
- 2 cups cantaloupe, cut into bite size pieces
- 1 cup strawberries, quartered
- 1 cup apple, cut into bite size pieces

Note: If the pineapple and fruit cocktail are left out, add a little lemon juice to bananas and apples to prevent browning.

Nutrition information Per Serving

90 calories		Total Carbohydrate	20 g	 Good source of Vitamin C
Total Fat	0 g	Dietary Fiber	1 g	
Saturated Fat	0 g	Sodium	20 mg	
Protein	1 g			

Eat Smart

TURN ON THE RADIO



Turn on the radio or put on your favorite song and dance. Get your children involved. You will have fun while getting some physical activity. Make it an everyday event!

Move More