



EATING SMART

BEING ACTIVE

A series of 9 nutrition classes for parents and caregivers at NO COST.
Classes include food demonstrations and physical activity.

Participants learn how to:

- Keep themselves and their families active.
- Make healthy food choices.
- Save money at the grocery store.
- Plan and prepare low-cost meals.

Lesson Topics & Incentives:

- 1—Welcome!
- Cutting Boards
- 2—Get Moving!
- Water Bottle
- 3—Plan, Shop, Save
- Shopping List
- 4—Vary Your Veggies, Focus on Fruits
- Produce Brush
- 5—Make Half Your Grains Whole
- Measuring Cups
- 6—Build Strong Bones
- Refrigerator Thermometer
- 7—Go Lean with Protein
- Safe cooking magnet
- 8—Make a Change
- Measuring Spoons
- 9—Celebrate!
- Recipe Book & Exercise DVD

◆ Graduates will receive a certificate of completion from
the University of California ◆



Classes are available in
English and Spanish.
For more information or to
schedule a class series at
your location, contact:
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UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources