

UCCE Connects to You!

Making nutrition education available to all Californians



Learn how to be healthy at home with *UCCE Connects to You!*

You can complete this 8 lesson program at home! Learn how to improve your health and the health of your family. Each lesson includes healthy recipes and lots of tips. Connect regularly with UC nutrition educators by phone or video chat so you can ask questions and get support. When you complete the program, you will receive a graduation certificate and a Walk Indoors DVD. We are providing this at no cost to you! Our goal is to improve the health of families in California.

Program Eligibility: Limited resource families with children

You will learn how to...

- ✓ Keep yourself and your family fit and healthy.
- ✓ Save money at the grocery store.
- ✓ Make healthy food choices.
- ✓ Plan and prepare low-cost, tasty meals.



For more information, please contact: UCCE Nutrition Educator by calling (559) 684-3329 or email mdvlopez@ucanr.edu

Lesson Topics:

- Get Moving!
- Plan, Shop & Save
- Fruits & Veggies: Half Your Plate
- Make Half Your Grains Whole
- Build Strong Bodies: Milk & Protein
- Make A Change: Fat, Sugar, Salt
- Celebrate! Eat Smart and Be Active



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