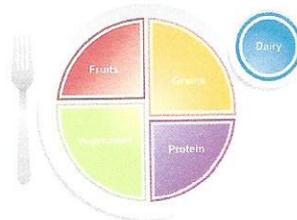


Eat Smart, Live Strong

Enrich your life one bite at a time!



Senior Nutrition Class



—YOU MUST ATTEND THE FULL SESSION TO RECEIVE THE GIVEAWAY FOR THAT CLASS—

Date of Class

1/28/15 **Session 1: Reach Your Goals, Step by Step**

-Ways to add 3 1/2 cups of fruits and vegetables to your daily diet

Session Giveaway: My Plate



2/4/15 **Session 2: Challenges and Solutions**

-How to overcome challenges that prevent healthy eating and exercise

Session Giveaway: Whistle and Water Bottle

2/11/15 **Session 3: Colorful and Classic Favorites**

-Ways to add fruits and vegetables to your favorite dishes

Session Giveaway: Measuring Cups and Spoons



2/18/15 **Session 4: Eat Smart Spend Less**

-How to save money when buying fruits and vegetables

Session Giveaway: Eating and Exercise Pocket Planner

2/25/15 **Session 5: Reach Your Goals, Step by Step Follow-Up**

-How to keep food safe

Session Giveaway: Grocery Tote and Cutting Board



3/4/15 **Session 6: Challenges and Solutions Follow-Up**

-Ideas for healthier food substitutions

Session Giveaway: Pedometer

3/11/15 **Session 7: Colorful and Classic Favorites Follow-Up**

-How and when to choose fresh fruits and vegetables

Session Giveaway: Food Storage Containers



3/18/15 **Session 8: Eat Smart, Spend Less Follow-Up**

-Suggestions on Grocery Shopping

Session Giveaway: Food and Recipe Basket

Remember, ONE step is better than none!

No registration fee, walk-in's Welcome!

Visit <http://www.eatfresh.org> for more information on Nutritional Education

Contact the Department of Aging and Community Services at 209-468-2202 for more program information

USDA is an equal opportunity provider and employer. This material was funded by USDA's supplemental Nutrition Assistance Program-SNAP, known as in California as CalFresh (formerly Food Stamps).

For CalFresh information, call 1-877-847-3663.

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