

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:

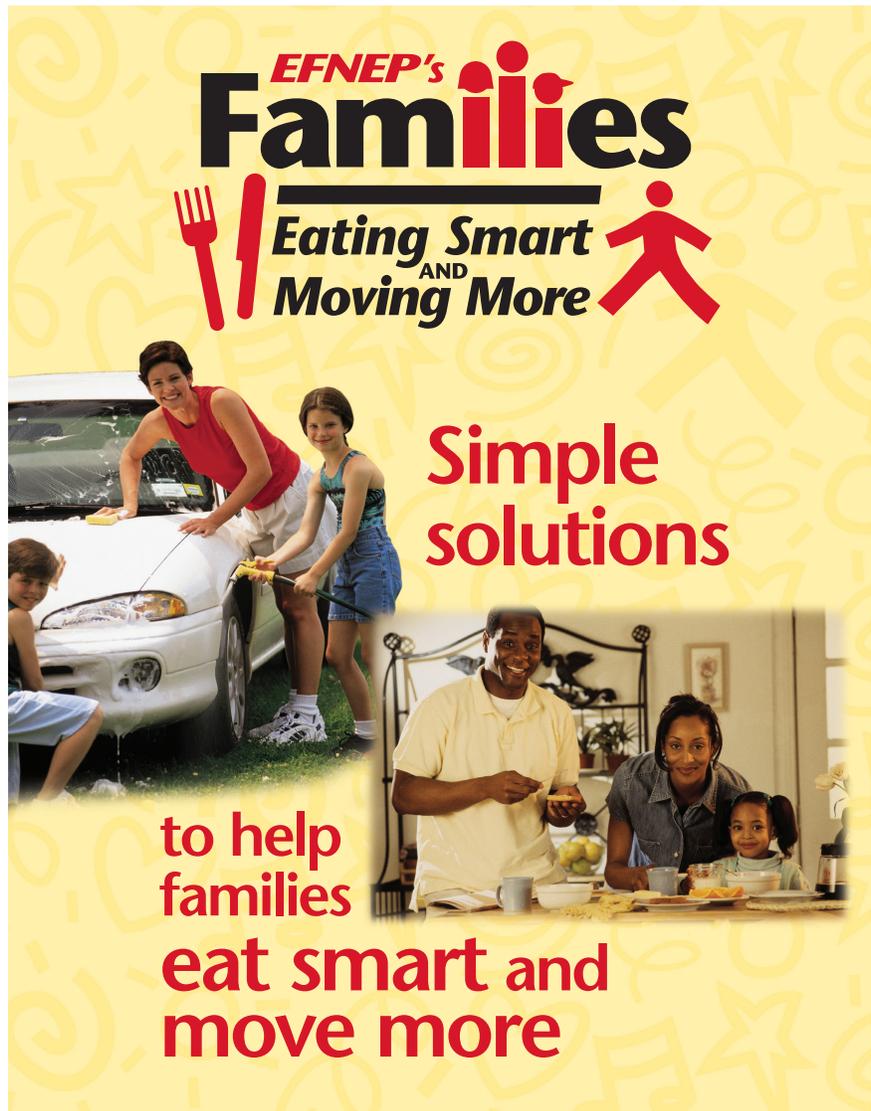
- Prepare and eat more meals at home
- Eat more fruits and vegetables
- Increase physical activity
- Make healthy drink choices
- Limit TV time
- Control portion sizes
- Keep food safe

Next Session

Date _____

Time _____

Place _____



NC STATE UNIVERSITY



EASY FRUIT SALAD

Makes 10 servings

Serving Size: 1/2 cup

Ingredients

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

Directions

1. Drain pineapple chunks and fruit cocktail.
2. Wash, peel and slice bananas.
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

100 calories		Total Carbohydrate	23 g	 Good source of Vitamin C
Total Fat	0 g	Dietary Fiber	2 g	
Saturated Fat	0 g	Sodium	15 mg	
Protein	2 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