



I WILL EAT AT HOME MORE!

EMPOWER YOURSELF.

Cook up some fun tonight!

Preparing more meals at home is a great way to explore new flavors and food combinations. When you cook at home it is easier to add more whole grains and vegetables and to cut extra fat, salt and calories from your meal. Visit our website to find delicious recipes that will really get you excited about what's for dinner!

For easy, tasty recipes you will love, visit: www.MyEatSmartMoveMore.com



WATCH
LESS TV

PREPARE
MORE MEALS
AT HOME

MOVE
MORE

RIGHT SIZE
YOUR
PORTIONS

EAT MORE
FRUITS
& VEGGIES

DRINK MORE
WATER