

# I WILL EAT AT HOME MORE!

EMPOWER YOURSELF.



## Cooking can be fun and easy!

Preparing more meals at home is a great way to spend time with your family and is a better way to have control over what you eat. Eating at home is also a fun way to explore new flavors and food combinations while enjoying a nutritious meal. To find delicious meals that take 30 minutes or less to prepare, visit our website!

*For easy recipes you and your family will love, visit: [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)*



WATCH  
LESS TV

PREPARE  
MORE MEALS  
AT HOME

MOVE  
MORE

RIGHT SIZE  
YOUR  
PORTIONS

EAT MORE  
FRUITS  
& VEGGIES

DRINK MORE  
WATER