

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



WATCH
LESS TV

PREPARE
MORE MEALS
AT HOME

MOVE
MORE

RIGHT SIZE
YOUR
PORTIONS

EAT MORE
FRUITS
& VEGGIES

DRINK MORE
WATER