

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 have better control over what you eat. It's 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! www.MyEatSmartMoveMore.com



PREPARE
MORE MEALS
AT HOME

MOVE
MORE

WATCH
LESS TV

RIGHT SIZE
YOUR
PORTIONS

EAT MORE
FRUITS
& VEGGIES

DRINK MORE
WATER