

# Eating Smart AND Moving More

**K-STATE**  
Research and Extension

Kansas SNAP-Ed wants to help you answer questions about how to *Eat Smart and Move More*.

Our program is hands-on and teaches new skills that you can use at home every day—from planning, shopping and cooking tips to simple solutions for healthy eating and daily physical activity.

Through the *Eating Smart and Moving More* classes you will explore ways that you and your family can:

- 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

There is **no cost** to participate so come join the fun!

To register for classes contact:

**Geary County Health Dept. WIC**  
1212 West Ash Street  
Junction City, KS  
785-762-5788



## **Eating Smart AND Moving More class schedule**

- **Fix it Safe**  
September 1 10:00 A.M.
- **Choosing More Fruits and Vegetables**  
October 6 4:00 P.M.
- **Plan: Know Whats for Dinner**  
November 3 10:00 A.M.
- **Shop: Get the Best for Less**  
December 1 4:00 P.M.
- **Shop for Value, Check the Facts**  
January 5 10:00 A.M.
- **Fix it Fast, Eat at Home**  
February 2 4:00 P.M.
- **Smart-size Your Portions and Right-size You**  
March 2 10:00 A.M.
- **MyPlate**  
April 6 4:00 P.M.
- **Making Smart Choices When Eating Out**  
May 4 th 10:00 A.M.

Provided by K-State Research and Extension - Geary County  
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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.