



Ready to jump start your
family's health?

FREE 9 CLASSES
90 MINUTES PER LESSON

During this 9 week series, you will:

- talk with others like you
- make new recipes
- get moving
- learn about a new nutrition or food purchasing topic
- take home tools to support healthy changes, like a cutting board or measuring cups (at each class)

“Because of this class, I have made many changes in my life. We eat more fresh veggies and fruit. We have also switched from white rice to brown and wheat spaghetti instead of regular.”
—Theresa, Milwaukee

“I really care about what and how I eat now. I have a young child and I want her to eat healthy as well as the children I care for.”
—Gail, Milwaukee

“The class is very eye-opening and the information is conveyed in a non-judgmental way that encourages you to make changes instead of forcing you to make changes.”
—Esther, Kenosha



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EATING SMART
BEING ACTIVE



... In an *Eating Smart Being Active* class, you will learn about how to improve your health and the health of your family members.

... Topics include:



Simple exercises to increase your energy



Health benefits of lean proteins (like chicken, fish or beans)



How to save money when shopping for food



How to make your plate more colorful with fruits and vegetables



How to build strong bones



How to choose and use whole grains in your meals



How to limit foods that are high in fat, sugar and salt



How to prepare simple, healthy recipes

This is NOT your typical classroom experience!

Each session is fun and hands on.



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply.

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