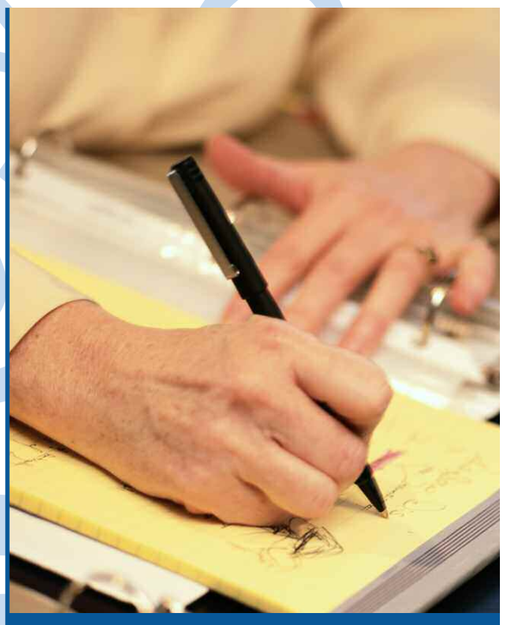
EATING SMART AT HOME



PLAN

Plan meals for your family for a week, two weeks or longer—whatever works for you.

SHOP

Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.

FIX

Stick to your plan for your meals. Make simple healthy meals for your family.

EAT

Eat together as a family without the TV.

EATING AT HOME = EATING HEALTHY

Families Eating Smart AND Moving More

NC STATE UNIVERSITY A&T STATE UNIVERSITY COOPERATIVE EXTENSION Helping People Put Knowledge to Work

NC DIVISION OF PUBLIC HEALTH NUTRITION SERVICES BRANCH

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North Carolina Academy of Family Physicians, Inc. Reaching Families Through Family Physicians

Eat Smart Move More NORTH CAROLINA