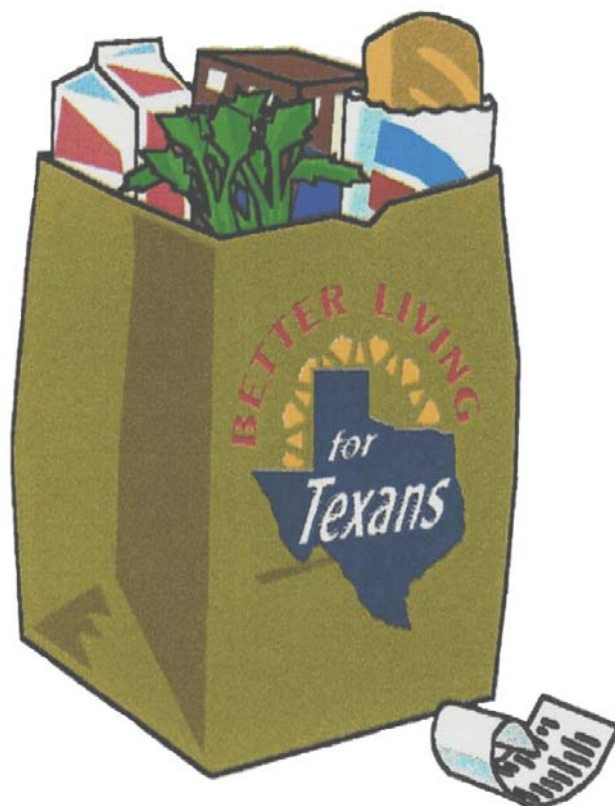




Better Living for Texans

Food Stamp Nutrition Education Program

A joint project of Texas Cooperative Extension, Texas Department of Human Services, and USDA Food and Nutrition Services



Eat Better to Live Better

INTRODUCTION

Eat Better To Live Better introduces the Food Guide Pyramid. It also covers food safety, shopping strategies, food budgeting, and meal planning.

CURRICULUM OBJECTIVES

- ▲ Analyze their eating behavior to the Food Guide Pyramid
- ▲ Plan a menu for one day that meets the guidelines of the Food Guide Pyramid
- ▲ Identify how much they are spending on food
- ▲ Demonstrate skills, such as developing a shopping list and planning a menu for at least one day
- ▲ Demonstrate good food safety practices

EDUCATIONAL METHODS

Discussions, handout, activities, and demonstrations.

WORKSHOP SESSIONS

- Lesson 1: **HEALTHY EATING**
- Lesson 2: **FOOD SAFETY AND YOU**
- Lesson 3: **SHOPPING STRATEGIES TO
STRETCH YOUR FOOD DOLLAR**
- Lesson 4: **COLOR YOUR WAY TO 5-A-DAY**
- Lesson 5: **BONE UP ON CALCIUM**
- Lesson 6: **MEAL PLANNING**

Better Living for Texans Program

If you are interested in scheduling the Food Guide Pyramid Workshop Series or if you have any questions, please contact the Nueces County Extension Office, 710 E. Main, Robstown or call (361) 767-5216

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