



## What are EFNEP and UT SNAP-Ed: TNCEP?

The University of Tennessee Extension Tennessee Nutrition and Consumer Education Program (UT SNAP-Ed: TNCEP) is funded through the Tennessee Department of Human Services and the US Department of Agriculture. This program provides nutrition education to families and individuals receiving or eligible to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

The University of Tennessee Extension Expanded Food and Nutrition Education Program (UT EFNEP) is funded by the US Department of Agriculture, National Institute of Food and Agriculture (USDA NIFA) to provide nutrition education with a hands-on approach for families and youth with limited resources.

# Healthy Families, Healthy Communities

EAT WELL, SAVE WELL, LIVE WELL

## EATING SMART and Moving More



## WHO CAN PARTICIPATE

Adults who are eligible for any assistance program such as WIC, Supplemental Nutrition Assistance Program (SNAP) or Head Start can attend Eat Smart and Move More.



[FCS.TENNESSEE.EDU](http://FCS.TENNESSEE.EDU)



**This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP and under an agreement with the State of Tennessee**

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.



Real. Life. Solutions.™



## Eating Smart and Moving

**More** is a free program offered through the University of Tennessee Extension. Join us to learn more about cooking and receive **free** tools such as:



Measuring Spoons



Measuring Cup



Recipes

## LEARN HOW TO SAVE time and money on food!



“My budget is so tight. Now I can stretch my money by planning ahead.”

**PARTICIPANTS** attending all of the Eat Smart and Move More workshops will receive a certificate of completion from the University of Tennessee.



Certificate

## LEARN HOW TO MAKE a new recipe at each meeting!



“I thought I didn't have time for these sessions, but they actually helped me save time at the grocery store and in the kitchen.”

## EATING SMART AND MOVING MORE

provides hands-on nutrition education for adults, especially parents and caregivers of children. Through a series of meetings, families learn to make healthy food choices within a limited budget and to choose physically active lifestyles.

## LEARN HOW TO BE active and eat well!



“My kids are picky eaters. I learned some ways to get them to eat new foods.”