



Scavenger Hunt

Eat Smart Resources

- www.MyPyramid.gov—This USDA Web site offers personalized eating plans and interactive tools to help you plan and assess your food choices. There is also information to help you make smart choices from each food group and get the most nutrition from your calories.
- www.MyEatSmartMoveMore.com—This Web site provides resources and tools to help you eat smart and move more. These include healthy recipes, an interactive nutrition facts label, shopping and meal planners, activity logs etc. There are downloadable handouts on a variety of topics.
- www.FruitsAndVeggiesMatter.gov—This Web site from the Centers for Disease Control and Prevention offers detailed health benefits of eating fruits and vegetables. There are tips for selecting, storing, and preparing a variety of fruits and vegetables. It also has links to healthy recipes, interactive tools and other downloadable materials.

Eat Smart Tip

Plan, Shop, Fix and Eat:

Planning your meals ahead of time will help ensure that you have ingredients on hand to fix healthy meals for you and your family. You can plan meals for an entire week in advance and create a grocery shopping list. Make sure that you stick to your list when shopping. If possible, clean and prepare fresh produce over the weekend to save time when putting meals together.



“You don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.”

- Julia Child