



The 10 Tips Nutrition Education Series is designed by Maine SNAP-Ed to support healthy eating on a budget for all Mainers. There are two options available, series A called Choose My Plate and series B called Eating Better on a Budget.

- Flexible and adaptable to a variety of settings and participant needs
- Lessons are interactive, fun, and engaging
- Cooking demonstrations or tastings are part of each lesson

Series A: Choose MyPlate has a theme of healthy eating and encourages participants to increase consumption of fruits, vegetables, whole grains, and lean protein.

- Class 1 Introduction to MyPlate
- Class 2 Make half your plate fruits and vegetables
- Class 3 Make half your grains whole grains
- Class 4 Vary your protein routine

Series B: Eating Better on a Budget focuses on food resource management and provides strategies for participants to stretch their food dollars.

- Eating better on a budget Class 1
- Plan meals ahead Class 2
- Class 3 Purchasing vegetables and fruits at the best price
- Prepare healthy food and beverages for an active lifestyle Class 4





Each participant will receive a cookbook with 24 colorful and healthy recipes.

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low-income families on low cost, healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information





For more information visit: www.mainesnap-ed.org Call 207-221-4560 Contact your local SNAP-Ed Nutrition Educator