



“TEACHING 10 TIPS”

NUTRITION EDUCATION SESSIONS: ALL AGES

Description: The Teaching 10 Tips program consists of 4 sessions either based on the theme of “Add a Fruit or Vegetable to Every Meal” or “Healthy Eating on a Budget.” The classes are based on the USDA’s “10 Tips Nutrition Education Series,” which provide simple, easy to follow tips from the 2010 Dietary Guidelines for Americans. Sessions can be taught as the 4 session series, or as a recurring single session.

Goal: To provide participants of all ages with the knowledge they need to choose and prepare healthy foods and beverages on a limited budget.

Benefits:

- The nutrition lessons are taught by a trained nutrition professional.
- Program is flexible and adaptable to a variety of settings and participant needs.
- Nutrition lesson plans are interactive and will provide knowledge in a fun and engaging manner.
- Handouts are provided with “10 tips” that are easy to follow at home.
- Food demonstrations and tastings are provided during each session.

Topics:

Series A – “Add a Fruit or Vegetable to Every Meal”

- Choose MyPlate
- Focus on Fruits
- Add More Vegetables to Your Day
- Liven Up Your Meals with Fruits & Vegetables

Series B – “Healthy Eating On a Budget”

- Eating Healthy On a Budget
- Build a Healthy Meal
- Smart Shopping for Veggies and Fruits
- Save More at the Grocery Store

**For more information, contact your local Healthy Maine Partnership,
visit: www.maine.gov/snaped OR call 221-4560.**