



Who Can Participate

This program is for you!

Eat Well, Feel Well is specifically designed to meet the needs of older adults.



What is 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 who are eligible to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

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Healthy Families,
Healthy Communities**

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This institution is an equal opportunity provider.

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.

Healthy Families, Healthy Communities

EAT WELL, SAVE WELL, LIVE WELL

Eat Well, Feel Well: A Curriculum for Older Adults



PARTICIPANT BROCHURE

Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

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What is Eat Well, Feel Well?

Eat Well, Feel Well is a curriculum created by the University of Tennessee Extension to address the unique needs of older adults concerning nutrition, food safety, food preparation and physical activity.

Eat Well, Feel Well can be delivered as a series of five lessons or each lesson can be delivered independently depending on program needs.

Eat Well, Feel Well is a free program offered through the University of Tennessee Extension.

Learn more about cooking and receive free tools such as a water bottle, vegetable peeler, and refrigerator thermometer.

What are people saying about Eat Well, Feel Well?

- *“I learned a lot about food safety I didn’t know before.”*
- *“Lessons are fun and easy to follow.”*
- *“Both men and women enjoyed the class.”*
- *“I loved learning and sharing recipes and experiences with others.”*

Lesson Topics



Hydration



**Soup-er
Nutrition**



Physical Activity



Dairy



Vegetables



Protein



Use It or Toss It



Food Safety