

## YOU WILL LEARN:

- Ways to stay active with your family
- Tips for breastfeeding
- What to expect as your baby grows from pregnancy through childhood
- Foods to choose to help your baby grow
- New recipes to prepare at home
- Money saving strategies
- How to keep foods safe



## 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.

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**UT Extension  
Healthy Families,  
Healthy Communities**

**WWW.UTHEALTHYFAMILIES.ORG**

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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

## Eating Smart throughout the Lifecycle



**PARTICIPANT BROCHURE**

Real. Life. Solutions.™

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



**EATING SMART THROUGHOUT THE LIFECYCLE** is a free program offered through the University of Tennessee Extension. Join us to learn more about choosing the best foods for you and your baby! You will also receive **free** tools such as:



Measuring Cup



Pot Holder



Cutting Board



When you attend all of the **EATING SMART THROUGHOUT THE LIFECYCLE** classes, you will receive a certificate of completion from the University of Tennessee.



Certificate



## **EATING SMART THROUGHOUT THE LIFECYCLE**

is a hands-on cooking and nutrition program especially for women who are pregnant and parents of new infants. This class will discuss the different stages your baby goes through from pregnancy through childhood and the best foods to choose to keep your baby healthy. In addition, you'll learn new recipes, cooking skills, activities to help you move more, and how to keep food safe, all while saving money!

