

**Texas A&M AgriLife Extension Service  
Expanded Food and Nutrition Education Program (EFNEP)  
2014 – 2015 Healthy Food, Healthy Families Session Outline**



	Healthy Food, Healthy Families	Foods that Pack a Punch	Making the Most of MyPlate	Power of Planning	Setting Your Limits	Plate it Safe	Mealtime Miracles
<b>Session Goal</b>	Participants will learn about the mission of EFNEP, MyPlate, portion sizes, and the importance of physical activity for good health.	Participants will learn the key messages for each food group and learn to make healthy food choices from these groups.	Participants will learn the importance of vegetables, fruits, and dairy foods for improved diet quality and discuss ways to increase consumption of these foods. Participants will also learn the importance of breakfast, especially for their children.	Participants will learn to plan family meals, create a grocery list and compare brands when purchasing food.	Participants will learn to use the Nutrition Facts panel when purchasing foods that are low in sodium, saturated and trans fat (also called solid fats), and added sugar.	Participants will learn strategies for keeping food safe and reducing their family's risk of foodborne illness.	Participants will learn the division of responsibility in feeding children, appropriate child size portions, and discuss the benefits and barriers to family meals and cooking together.
<b>Physical Activity</b>	Group led physical activity	Group led physical activity	Group led physical activity	Group led physical activity	Group led physical activity	Group led physical activity	Group led physical activity
<b>Recipe</b>	Skillet Beef Noodles	Rainbow of Vegetables Stir Fry	Skillet Mac and Cheese	Mashed Sweet Potatoes	Cabbage Fruit Salad	Pumpkin Pie Smoothie	Banana Rice Pudding
<b>Food Goal</b>	Write down the foods and amount you eat for one day.	Try making half of your plate fruits and vegetables.	Eat more vegetables, fruits, and low-fat dairy foods each day.	Plan one week of meals for your family using the Weekly Menu Planner, then make a grocery list.	Prepare one meal without adding salt.	Use the four simple steps to food safety to prepare a family meal.	Set some future goals for you and your family.
<b>Physical Activity Goal</b>	Be physically active for at least 30 minutes each day.	Be physically active for at least 30 minutes each day.	Be physically active for at least 30 minutes each day.	Be physically active for at least 30 minutes each day.	Be physically active for at least 30 minutes each day.	Be physically active for at least 30 minutes each day.	Set some future goals for you and your family.
<b>Program Incentive</b>		Measuring Cups		Reusable Shopping List		Food Thermometer	Completion Certificate & Food Preparation Manual



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating.