

How can I participate?

Contact:

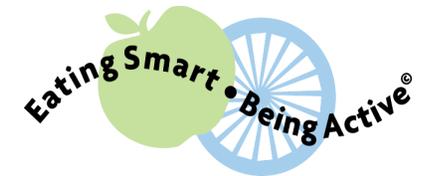
Lisa Messer, Nutrition Educator
Green County UW-Extension
2841—6th Street
Monroe, WI 53566
608-426-4479
lisa.messer@ces.uwex.edu
www.green.uwex.edu
(Click on Nutrition Tab)



Hello! My Name is Lisa Messer. I am the Nutrition Educator for the EFNEP “Eating Smart Being Active” lessons for Green County UW-Extension. I really enjoy working with families to help them to eat healthier, save money and be more active. If you are interested in our program, or have a question about it, I would love to hear from you!

Wisconsin Nutrition Education Program
· Family Living Programs · Cooperative Extension ·
in Green County is supported by the USDA Expanded Food and Nutrition Education Program (EFNEP), the UW-Extension Family Living Program, UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. To speak with someone about the program in Green County, call 608-426-4479. Relay 711.

UW
Extension
University of Wisconsin-Extension



Is a **FREE** program offered for families with children.

Call Green County UW-Extension

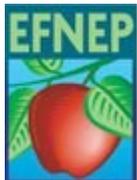
608-426-4479
to register for lessons

If you are a busy parent on a tight food budget, the EFNEP Eating Smart & Being Active lessons can help. This series of 8 lessons is offered to adults in their home or at convenient community locations..



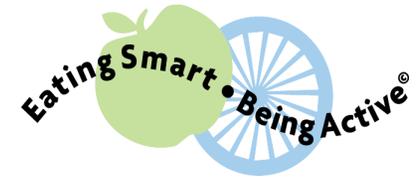
Comments from parents in the program

- *My kids look forward to doing the physical activity with me.*
Dane County mother of two preschoolers
- *I've noticed that my kids are more interested in trying new foods and vegetables since I've been in this program.*
Rock County mom



Lessons include:

- ◆ Ideas for quick, easy, healthy, and low-cost meals and snacks.
- ◆ Opportunities to taste and prepare healthy, low-cost recipes.
- ◆ Fun ways for you and your children to move more.
- ◆ Tips and techniques to help you save money.
- ◆ Making healthy food choices, menu planning, and food safety.



Receive a recipe book and other items!

As part of completing each lesson, your educator provides you a tool to help you succeed with your eating and cooking goals: a produce brush, measuring cups and spoons, a food thermometer, a grocery list pad, an exercise band, a recipe booklet and a physical activity booklet.

