



FAMILIES EATING SMART AND MOVING MORE



Ten Week Course.
Mondays
6:00 p.m.- 7:00 p.m.

April 10th- June 12

Kansas City Public Library West Wyandotte Library
1737 N 82 St, Kansas City, KS 66112

Families Eating Smart and Moving More is a curriculum that offers simple solutions to help participants eat smart and move more while providing the skills to be able to eat more meals at home, eat healthy when eating out, and move more in their everyday routine. Each lesson challenges participants to make positive changes to achieve good nutrition, increase physical activity, practice food resource management skills and practice proper food safety techniques. Together we will explore 10 different topics on food and nutrition, food safety, and more. We will also prepare and taste a healthy EFNEP recipe every week.



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