



Are you ready? Help your family stay healthy today!

Get personalized support from UC nutrition educators and learn how to make changes to keep your family healthy. Research shows that eating healthy and being physically active can help reduce risks of chronic diseases. But making changes is not easy! You need guidance and support to make it happen. Our program is research-based and is FREE to eligible families. Contact our UC educators today!

**For more information
Contact: Roxana Puentes
UCCE Nutrition
Educator by Call/Text (626)404-3601
Email - rpuentes@ucanr.edu**

Lesson Topics:

Get Moving!

- **Plan, Shop & Save**
- **Fruits & Veggies:**

Half Your Plate

- **Make Half Your Grains Whole**
- **Build Strong Bodies: Milk & Protein**
- **Make A Change: Fat, Sugar, Salt**
- **Celebrate!**

Eat Smart and Be Active

San Bernardino County Programs - [San Bernardino County \(ucanr.edu\)](http://ucanr.edu)

UCCE Connects to You!

Making nutrition education available to all Californians



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