

The 10 Tips Nutrition Education Series is designed by Maine SNAP-Ed to support healthy eating on a budget for all Mainers.

There are two options available, series A called Choose My Plate and series B called Eating Better on a Budget.

- Flexible and adaptable to a variety of settings and participant needs
- Lessons are interactive, fun, and engaging
- Cooking demonstrations or tastings are part of each lesson

**Series A: Choose MyPlate** has a theme of healthy eating and encourages participants to increase consumption of fruits, vegetables, whole grains, and lean protein.

- Class 1 Introduction to MyPlate
- Class 2 Make half your plate fruits and vegetables
- Class 3 Make half your grains whole grains
- Class 4 Vary your protein routine

**Series B: Eating Better on a Budget** focuses on food resource management and provides strategies for participants to stretch their food dollars.

- Class 1 Eating better on a budget
- Class 2 Plan meals ahead
- Class 3 Purchasing vegetables and fruits at the best price
- Class 4 Prepare healthy food and beverages for an active lifestyle



Each participant will receive a cookbook with 24 colorful and healthy recipes.