

**EAT.
MOVE.
SAVE.**

Illinois Nutrition Education Programs

Our popular programs for adults are being scheduled now for fall and winter!

Let us help your group or agency reach the adults you serve with engaging, interactive virtual lessons that they can join by phone, computer, or tablet. Lessons may also include a recipe demonstration and other resources!

Please note: In-person programming is based on county COVID-19 safety parameters and social distancing protocols. In-person options will vary by geography.

- **Healthy Cents** is a curriculum for adults designed to teach how to save more money while making healthy food choices. Lessons also cover starting a container garden for vegetables and herbs at home.
- **MyPlate for My Family** is designed for parents/caregivers of youth 2-18 years old, and includes topics such as family meals and active, fun family time!
- **Eat. Move. Save. booths** are opportunities to learn quick nutrition, wellness, or food preparation tips to complement full-length lessons.

For questions, please contact your local Extension office.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



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