Eat Smart, Live Strong

Eat Smart, Live Strong is designed to help income-eligible older adults adopt two key behaviors: Increase their fruit and vegetable consumption and the amount of physical activity they engage in. The goal of Eat Smart, Live Strong is to have older adults:

- Eat at least 3.5 cups of fruit and vegetable per day (1.5 cups of fruit and 2 cups of vegetables).
- Participate in at least 30 minutes of physical activity most days of the week.

When:
FREE Classes and FREE Gifts!

Where:
www.msue.msu.edu

This material was funded by USDA’s Supplemental Nutrition Assistance Program — SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office. MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Thomas G. Coon, Director, MSU Extension, East Lansing, MI 48824.