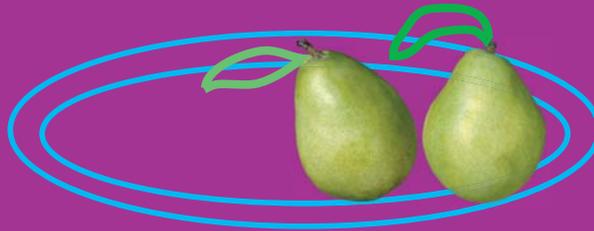




# Smart Choices

A Community Nutrition Education Program that will improve your family's health



Visit our Web site:  
[www.lsuagcenter.com](http://www.lsuagcenter.com)



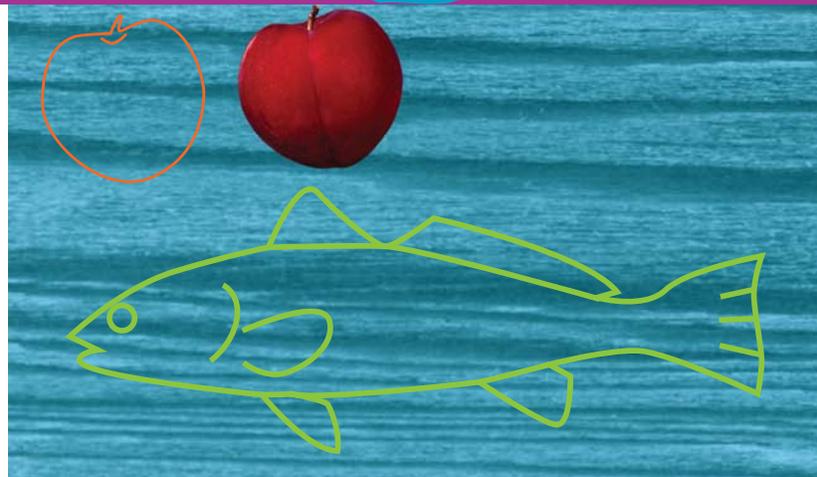
### Made available by the LSU AgCenter Nutrition Programs

Louisiana State University Agricultural Center, William B. Richardson, Chancellor  
Louisiana Agricultural Experiment Station, David Boethel, Vice Chancellor and Director  
Louisiana Cooperative Extension Service, Paul D. Coreil, Vice Chancellor and Director

Pub. 2921 (20M) 9/05

Issued in furtherance of Cooperative Extension work, Acts of Congress of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. The Louisiana Cooperative Extension Service provides equal opportunities in programs and employment.

This institution is an equal opportunity provider. This material was funded by USDA's Food Stamp program. The Food Stamp program 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 Extension office or visit [www.lsuagcenter.com](http://www.lsuagcenter.com).



# Smart Choices:

The Nutrition education program for you

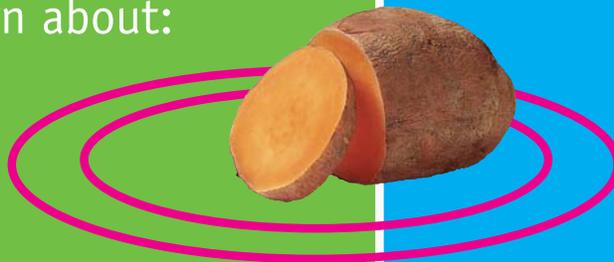
LSU AgCenter Nutrition educators will provide you with a way to:

- Eat better for less
- Plan your meals and shop wisely
- Keep the food safe to eat
- Prepare the foods that you love in a healthier way
- Choose healthier food and snacks at home and on the go
- Choose and prepare fruits, vegetables, whole grains and dairy products
- Choose and prepare lean meats, beans, eggs and nuts
- Eat and exercise for better health

Join us and learn to make Smart Choices. It's free.

You will learn about:

- Nutrition
- Cooking
- Food safety
- Meal Planning
- Exercise
- Gardening



## What does Smart Choices offer you?

- Individual or small group nutrition education classes in your neighborhood
- Classes to fit any schedule
- Free recipes and shopping tips
- New ways to get more for your food dollars
- New foods to taste



To learn more, contact your local LSU AgCenter Extension agent.