



EAT SMART LIVE STRONG (ESLS)

ADULTS: AGES 60+ YEARS

Description: The Eat Smart Live Strong Program was designed by the USDA Food and Nutrition Service. It consists of four interactive sessions, about one hour each, that aim to improve overall health and well-being of older adults. Participants will learn about easy ways to add fruits and vegetables to their daily intake, make healthier food choices on a limited budget be active on a daily basis. Participants will also learn and share easy ways to substitute ingredients in traditional recipes to make the food they prepare even healthier.

Goal: To increase participants' intake of fruits and vegetables as well as their level of physical activity, through goal setting and group support.

Benefits:

- The nutrition lessons are taught by a trained nutrition professional.
- The nutrition lessons are interactive for all participants, including group discussions with warm-up and cool-down activities.
- Each session provides food tastings along with information in a fun and engaging manner.

Topics:

- Goal setting and follow-through
- Classic dishes with a healthy twist
- Eating healthy on a budget

**For more information, contact your local Healthy Maine Partnership,
visit: www.maine.gov/snaped OR call 221-4560.**