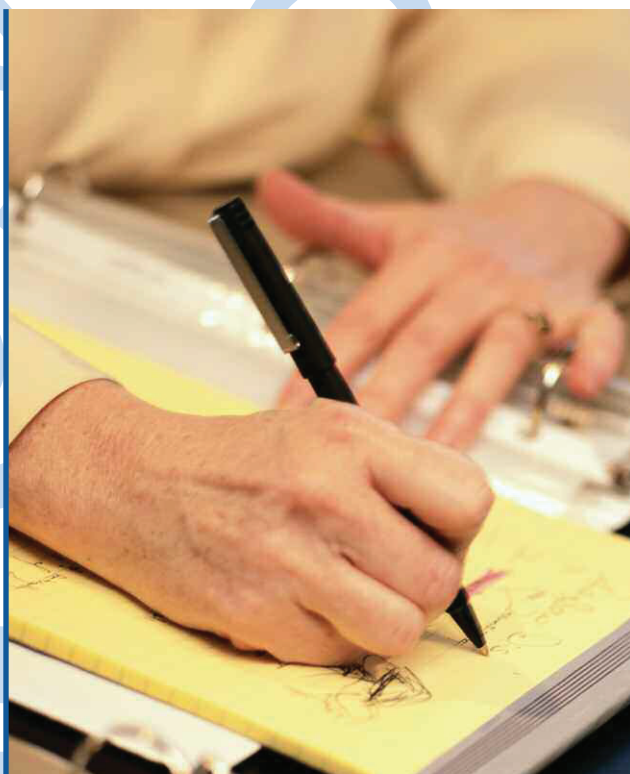


# EATING SMART AT HOME



## PLAN

Plan meals for your family for a week, two weeks or longer—whatever works for you.



## SHOP

Make a list of all the food you will need for your meals. Shop for a week at a time and stick to your list.



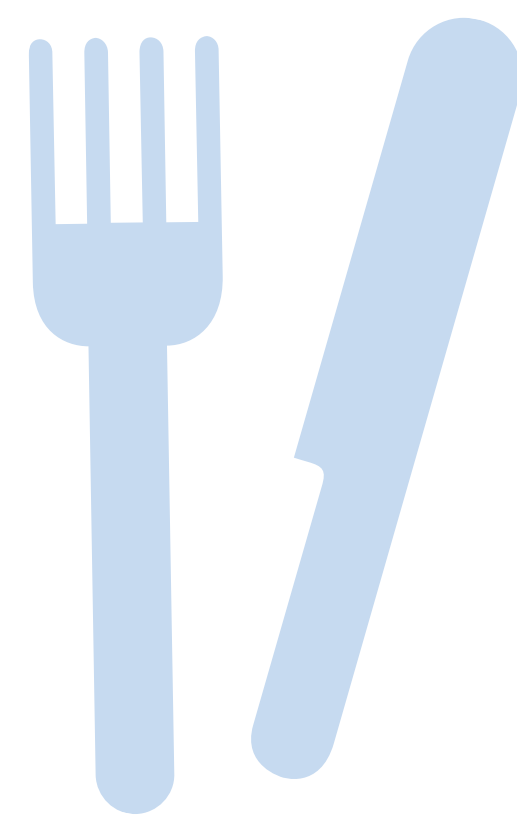
## FIX

Stick to your plan for your meals. Make simple healthy meals for your family.



## EAT

Eat together as a family without the TV.



***EATING AT HOME = EATING HEALTHY***

**NC STATE**

EXTENSION

**Community & Clinical  
CONNECTIONS  
for Prevention & Health  
Branch**  
NORTH CAROLINA  
DIVISION OF PUBLIC HEALTH