



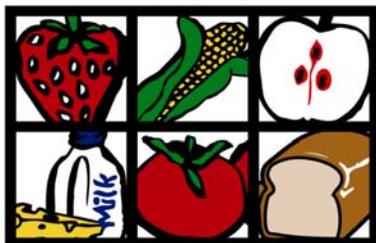
## Get Up, Get Out, Be Active!

Use MyPlate as a guide for planning meals.

Make half of your plate vegetables and fruits, and make it affordable by eating seasonal produce.

Summer is a wonderful time to get up, get out and be active! Adults and children need at least 30 minutes of activity most days of the week. It may sound like a lot, but it doesn't all need to happen at one time. Physical activity throughout the day all adds up. And when you get moving, you're more likely to:

### Eat Smart New York!



Eat Better For Less!

- Feel less stressed.
- Feel better about yourself.
- Feel more ready to learn in school.
- Keep a healthy weight.
- Build and keep healthy bones, muscles and joints.
- Sleep better at night.

## What You Can Do

To Locate an Eat Smart New York Educator in your area visit our website:

<http://www.otda.ny.gov/programs/nutrition/contacts.asp>

Or Call:

1-800-343-8859

X 2-3008

### Go for a walk

- Find a walking partner, a group of friends or neighbors.
- Walk your dog or cat. Pets need exercise too!
- Take a water bottle, wear comfortable shoes, and enjoy the outdoors.
- Keep a daily walking schedule.
- Walk together as a family most days of the week.

### Move more, sit less

- Turn off TV and step away from the computer.

## What people like you are saying about Eat Smart New York:

*I didn't like the activities we did in class at first, but now if we don't do them, I miss it!*

*Exercising is not fun, but my daughter and I walk every evening. It's enjoyable and we get a chance to talk without interruption!*

## Enjoy Fresh Fruits and Vegetables in Season and Save Money!

Did you know SNAP benefits can be used at many Farmers Markets? Enjoy fruits and vegetables all year, but especially when they are in season. To locate the Farmers Market nearest you, go to: <http://www.snaptomarket.com/>.

### In season now...

Broccoli	Beans	Corn
Blueberries	Cabbage	Peas
Cucumbers	Lettuce	Pears
Melons	Potatoes	Peas
Peppers	Raspberries	Spinach
Squash	Tomatoes	Onions



**Eat Smart  
and  
Be Active!**

- ◆ Choose activities you enjoy!
- ◆ Choose activities you can do regularly!
- ◆ It all adds up! Try doing a few minutes of activity throughout the day and throughout the week.
- ◆ Limit TV and video games for children. Instead, dance, walk, or play ball for a few minutes.

**Contact your Eat Smart New York Educator to learn about easy activities you can do at any age!**

## Eat Better for Less!

Insert CCE contact information here