

WHAT'S In It for You?

Your children learn from your example. You will learn to help them develop skills for healthy eating.

Things to Remember:

You are a role model.

Your kids learn from watching you. Eat fruits and vegetables and they will too.

Cook and eat together.

Make meals and memories together. It's a lesson they'll use for life.

Let them learn by serving themselves.

Let your kids serve themselves at dinner. Teach them to take small amounts at first. Tell them they can get more if they're still hungry.

Sometimes new foods take time.

Kids don't always take to new foods right away. Offer new fruits and veggies many times. Give them a taste at first and be patient with them.

Patience works better than pressure.

Offer your children new foods. Then, let them choose how much to eat. Kids are more likely to enjoy a food when eating it is their own choice.



Contact Information:

This Family & Consumer Sciences Department project is funded under an agreement with the Tennessee Department of Human Services and USDA Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services office or call 1-866-311-4287 (toll-free).

Visit us on the Web at:
<http://fcs.tennessee.edu/tncep>



Making a Difference the TNCEP WAY



**TENNESSEE NUTRITION &
CONSUMER EDUCATION PROGRAM**



THE UNIVERSITY of TENNESSEE **UT**
INSTITUTE of AGRICULTURE

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

What Is TNCEP?

TNCEP is a nutrition education program. It is conducted by UT Extension. Funding is from the USDA Food and Nutrition Service through a grant to the Tennessee Department of Human Services.

TNCEP's goal is to help limited-resource individuals and their families improve their diets.

When you participate in TNCEP programs, you will learn:

- How to stretch your food dollars
- How to prepare good and nutritious food
- How to plan a balanced diet
- How to get kids to eat nutritious food
- The importance of a good diet and physical activity
- How to use a variety of foods

Who Can Participate?

TNCEP works with Supplemental Nutrition Assistance Program (SNAP) recipients. Individuals and families who are eligible for SNAP benefits may also receive assistance.

TNCEP works with:

- Head Start programs
- WIC offices
- Commodity food distribution sites
- Food pantries
- Senior citizen centers
- Public schools
- Other eligible groups and individuals

Why Is TNCEP important?

More than 1,500,000 Tennesseans are obese, and the rate continues to increase. The implications for poor health and well-being are alarming. This rate of increase can be linked to lifestyle habits.

- 74 percent of Tennesseans do not eat enough fruits and vegetables.
- 31 percent of Tennesseans do not participate in any physical activity.
- 67.4 percent of Tennesseans are overweight or obese.

Good nutrition is an excellent health habit that can help you improve the quality of life for you and your family.

How Is TNCEP Delivered?

Local Extension agents and program partners understand the needs of families in the community.

They deliver programs in many ways, including:

- School programs
- Food demonstrations
- Group classes
- Hands-on learning experiences
- Educational displays
- Handouts
- Newsletters

