



Eat Smart, Live Strong will help you learn the health benefits that eating more fruits and vegetables and staying physically active can bring! This program can help older adults adapt behaviors that help to delay and prevent the effects of diet-related disease.

The sessions will:

- Encourage older adults to learn new skills
- Provide discussions and activities that promote enjoyable, social, and interactive learning
- Engage older adults in activities that can encourage behavior change
- Deliver fun and engaging nutrition education to older adults

Click on one of the four workshops below for a description and highlights

<p>Session 1 Reach Your Goals, Step by Step Participants set goals for eating more fruits and vegetables and being more physically active. They are encouraged to record their progress.</p>	<p>Session 2 Challenges and Solutions Through a word game and other activities, participants seek solutions to the challenges they may face as they try to eat more fruits and vegetables and exercise more.</p>
<p>Session 3 Colorful and Classic Favorites Colorful and lassic Favorites Eating more fruits and vegetables is easy when participants add them to “classics” – traditional dishes you already enjoy eating.</p>	<p>Session 4 Eat Smart, Spend Less In this session, participants explore ways to buy the fruits and vegetables they need within a limited budget.</p>

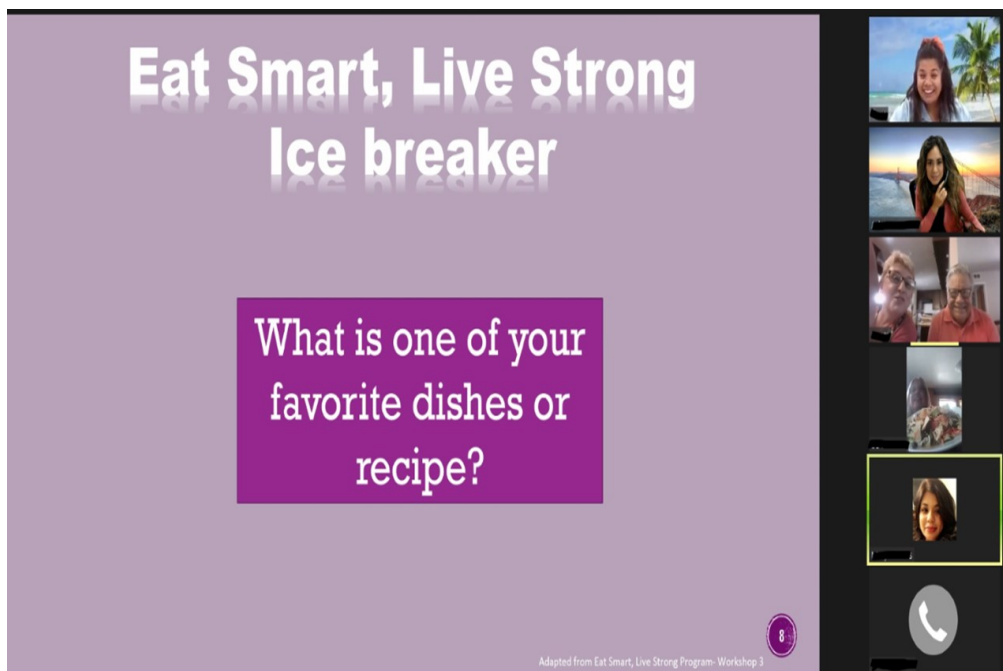
Join other older adults in our In-Person or Virtual Eat Smart, Live Strong classes, it’s as Easy as 1-2-3!

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Session 1 Reach Your Goals, Step by Step

Participants set goals for eating more fruits and vegetables and being more physically active. They are encouraged to record their progress.



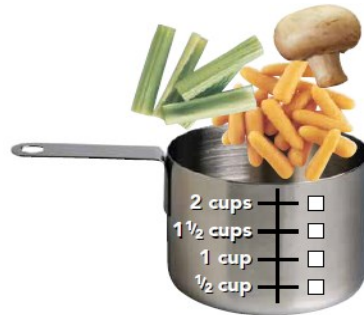
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Do you know what the daily intake recommendations are ?



Fruits



Vegetables

Adapted from Eat Smart, Live Strong Workshop 1



Set Your Goals

Recommended Goals

- 1 Eat at least 3 1/2 cups of fruits and vegetables every day.
- 2 Participate in at least 30 minutes of moderate-intensity physical activity most days.






My Personal Goals

I will eat _____ cup(s) of fruits and _____ cup(s) of vegetables every day.

I will get at least _____ minutes of moderate-intensity physical activity on _____ days next week.

My Weekly Log

In the space provided, write the cups of fruits and vegetables you ate and the minutes of physical activity you completed each day.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Cups of fruits # of cup(s)							
 Cups of vegetables # of cup(s)							
 Minutes of physical activity # of minutes							

Handout 1a: Eat Smart, Live Strong
Revised November 2012

Reminders:

- ▶ Self Reflect daily
- ▶ Keep records of your progress
- ▶ Goal setting

Adapted from Eat Smart, Live Strong Workshop 1



Session 2 Challenges and Solutions

Through a word game and other activities, participants seek solutions to the challenges they may face as they try to eat more fruits and vegetables and exercise more.

CHALLENGES AND SOLUTIONS

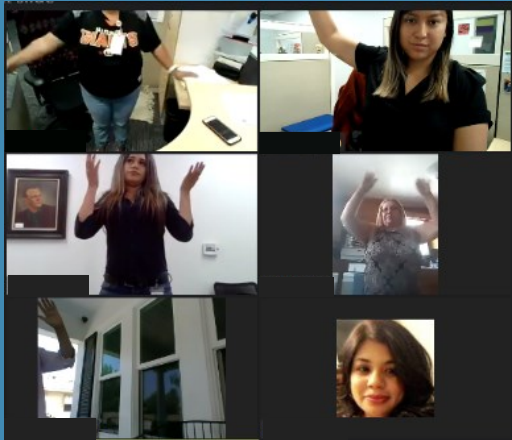


Health Educators: Mary Barrios and Arlete Monreal



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LET'S DO SOME EXERCISE!

REMEMBER TO WARM-UP FIRST!

- ARMS
- WRISTS
- NECK
- LEGS
- ANKLES



1 Toe Raises



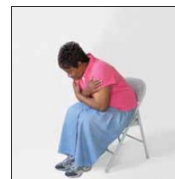
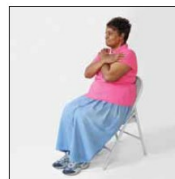
2 Side Leg Raises



3 Wall Push-Ups



4 Abdominal Crunches



Adapted from Eat Smart, Live Strong session 2.



"Smart" Card continued

Show this card to your health care provider during your next visit.

Physical Activity

I am also trying to participate in at least 30 minutes of physical activity most days.
I have some questions for you:

- 1 How would I benefit from participating in at least 30 minutes of physical activity most days?

- 2 Are there any precautions I should take or any activities I should avoid? Which ones?

Handout 2d: Eat Smart, Live Strong

Adapted from Eat Smart, Live Strong session 2.



Session 3 Colorful and Classic Favorites

Colorful and Classic Favorites Eating more fruits and vegetables is easy when participants add them to “classics” – traditional dishes you already enjoy eating.

Colorful and Classic Favorites

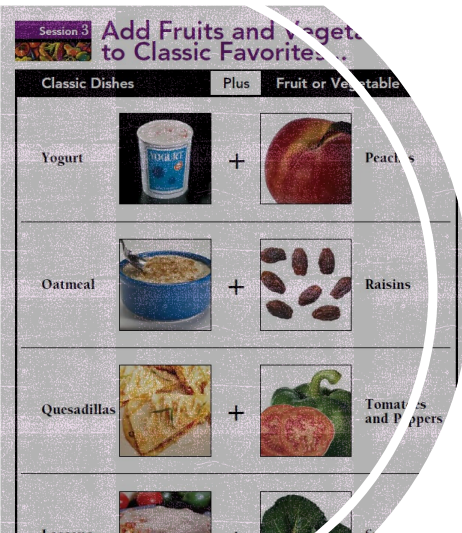


Adapted from Eat Smart, Live Strong Program- Workshop 3



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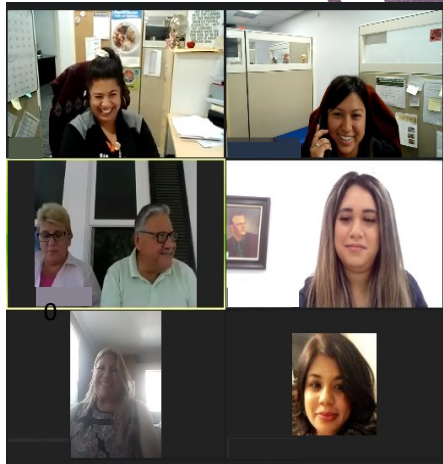
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CLASSIC FAVORITES + COLOR

1

Adapted from Eat Smart, Live Strong Program-Workshop 3

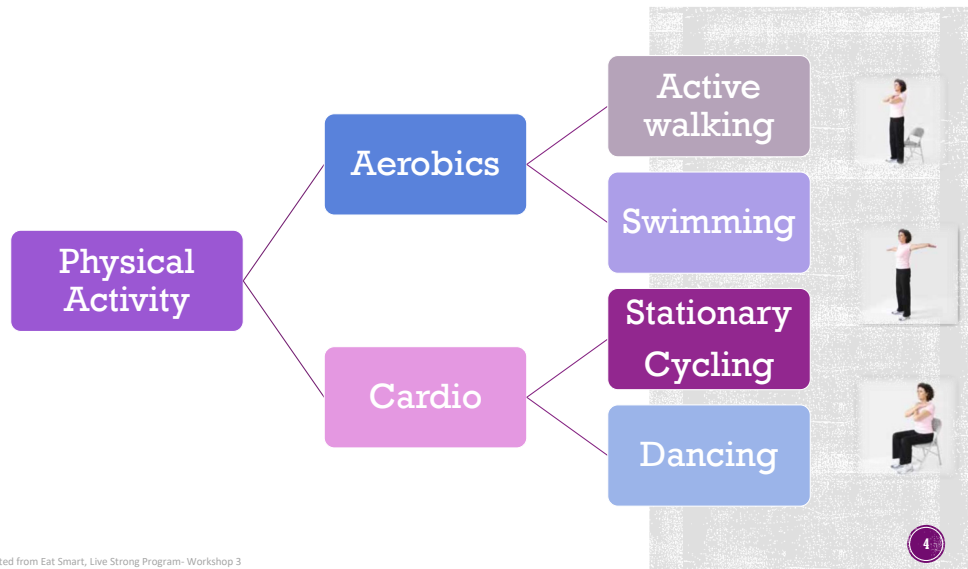


SKILLS BUILDING ACTIVITY:

ADD FRUITS & VEGETABLES TO CLASSIC FAVORITES

2

Adapted from Eat Smart, Live Strong Program-Workshop 3



Adapted from Eat Smart, Live Strong Program-Workshop 3

4



Session 4 Eat Smart, Spend Less

In this session, participants explore ways to buy the fruits and vegetables they need within a limited budget.



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Objective 1:

Can anyone mention one way to save money when grocery shopping?

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Adapted from Eat Smart, Live Strong Workshop 4



Spending Less



- ▶ Buy produce in season
- ▶ Coupons
- ▶ Buy canned food
- ▶ Use EBT benefits to purchase fruits and Vegetables
- ▶ Look at sale items
- ▶ Price match food?
- ▶ **Community Resources**

Adapted from Eat Smart, Live Strong Workshop 4

June 2024 Kern County Aging & Adult Services Eat Smart, Live Strong CalFresh Healthy Living Classes

*** New locations and classes added! Classes are In-Person or Zoom/Virtual as Indicated Below***

The classes immediately below are delivered in English.

To attend a scheduled class, please call our Health Educators Mary Barrios 661-868-1065, Mayra Figueroa 661-868-1098, Eva Benitez-Gomez 661-868-1095, or Jenny Villatoro 661-868-0889.

***Las clases en esta sección se imparten en inglés.**

Despues de esta sección se enumeran clases presentadas en español.

Eat Smart, Live Strong

Date	Class	English	Time	Participant Group
6/18/24	Eat Smart, Live Strong	English	11:00 AM to 12:00 PM	Wasco Senior Center Wasco Senior Center, 1280 Poplar Ave, Wasco, 93280 In Person Class For Assistance, please email:
6/20/24	Eat Smart, Live Strong	English	10:00 AM to 12:00 PM	Delano Community Center Delano Community Center, 436 Jefferson St., Delano, 93215 In Person Class For Assistance, please email:
6/25/24	Eat Smart, Live Strong	English	11:00 AM to 12:00 PM	Wasco Senior Center Wasco Senior Center, 1280 Poplar Ave, Wasco, 93280 In Person Class For Assistance, please email:
6/27/24	Eat Smart, Live Strong	English	10:00 AM to 12:00 PM	Delano Community Center Delano Community Center, 436 Jefferson St., Delano, 93215 In Person Class For Assistance, please email:

Please click here to see other Kern County Aging and Adult Services available programs and class times:

<https://www.kerncounty.com/government/aging-adult-services/services/healthy-living-program>

The CalFresh Healthy Living Programs are presented by the Kern County Aging Adult Services Department through an agreement with the California Department of Aging. California's Healthy Living Program is funded by the United States Department of Agriculture (USDA). This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

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