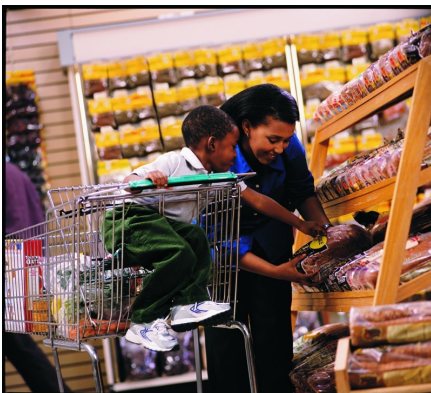


Parents...

- Do you want to save money and still feed your family healthy meals and snacks?
- Are you looking for fun and easy ways for you and your family to be more physically fit?
- Do you want recipes and ideas for quick, easy and healthy meals?



Comments from parents in the program

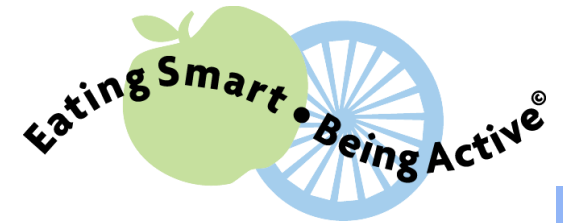
My kids look forward to doing the physical activity with me. Dane County mother of two preschoolers

I've noticed that my kids are more interested in trying new foods and vegetables since I've been in this program. Rock County mom

Wisconsin Nutrition Education Program
5201 Fen Oak Drive #138
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Phone: 608-224-3714

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Lessons for parents who want happy, healthy families

This program is funded by the Expanded Food and Nutrition Education Program (EFNEP).

Sample recipe from
Eating Smart & Being Active
Enchilada Casserole

Makes 8 (1 cup servings)

Preparation time: 15 *minutes*

Cooking time: 25-30 minutes

Ingredients:

1 (28 ounce) can green enchilada sauce

2 cups cooked or canned beans, drained

(these can be pinto, black, or kidney)

3 cups cooked brown rice

1 (15 ounce) can whole kernel corn, drained, OR 1-1/2 cups frozen corn

12 corn tortillas

3 cups grated cheese

Directions:

1. Preheat oven to 350 degrees.

2. In a large bowl, mix sauce, beans, rice and corn.

3. Place half of mixture on bottom of pan, or divide half the mixture between two pans **

4. Place corn tortillas on top of the mixture.

5. Place remaining mixture on top of tortillas

6. Top with cheese

7. Cover with foil. Bake for 10 minutes. Remove cover and bake for 15-20 more minutes or until bubbly.

8. Cut large pan into 8 servings or smaller pans into 4 servings each.

9. Refrigerate leftovers.

** Use one 9x13" pan or two 9" pans. (Freeze one of the smaller pans for a future meal. Keeps up to a month in freezer double wrapped in foil)

Lessons include:

- Ideas for quick, easy, healthy, and low-cost meals and snacks.
- Opportunities to taste and prepare healthy, low-cost recipes.
- Fun ways for you and your children to move more.
- Opportunities to learn from other parents and get parenting tips.
- Useful take-home items to remind you of the lessons.



To enroll or for more information, contact us about Eating Smart Being Active

608-224-3714

**Dane County UW Extension
Nutrition Education Program**

Class size is limited. Contact us today!



Tell your friends about the program and invite them to join you!