Is a partnership between University of Tennessee Extension, the Tennessee Department of Human Services and the USDA Food and Nutrition Service.

TNCEP can help you

• Fix healthy, low-cost meals and snacks for you and your family.
• Feel better and have more energy.
• Get the most for your food dollar.
• Develop spending and saving plans to make food last throughout the month.

Who is eligible?
Nutrition education is available to SNAP participants and other eligible low-income individuals and families.

Find out more …
Call your local county Extension office or visit http://fcs.tennessee.edu/tncep to learn more.
Make Mealtime a Family Time
- Schedule regular times for meals and snacks.
- Turn off the TV during mealtime.
- Let your children help choose and prepare foods.
- Offer lots of fruits and vegetables.
- Let your children serve themselves.
- Limit sweetened drinks like fruit punch and soft drinks.
- Be a good role model by eating nutritious foods yourself.

Frozen Fruit Cups
This is a great recipe to let your kids help prepare and serve as a snack or dessert.

Ingredients
- 3 bananas
- 24 oz fat-free strawberry yogurt
- 10 oz frozen strawberries, thawed, with juice
- 8 oz canned crushed pineapple, with the juice

Instructions
1. Line 18 muffin-tin cups with paper baking cups.
2. Dice or mash bananas and place in a large mixing bowl.
3. Stir in remaining items.
4. Spoon into muffin-tin cups and freeze at least 3 hours until firm. Remove from frozen cups and store in plastic bag in freezer.
5. Before serving, remove paper cups and let stand 10 minutes.

Source: USDA: Loving Your Family, Feeding Their Future
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