



## Clay County Eating Well Programs

- **Cook Smart, Eat Smart** – Four-session cooking school for beginning cooks or those who want to brush up on their skills.
- **SNAP-Ed** – Smart Nutrition for Active People provides nutrition education to food stamp recipients and other eligible low-income individuals and families.
- **Reshape Yourself** – Healthy weight management program.
- **Grow It, Try It, Like It** – Preschool fun with fruits and vegetables in the garden and on the table.
- **Serving up MyPlate** – Nutrition lessons for elementary age students.

*Photo: These Piggott ladies completed Cook Smart, Eat Smart. They learned techniques that can be used to prepare healthy economical meals at home. They prepared recipes with simple ingredients and learned how to plan, shop, and stock a pantry that encourages simple meal preparation.*