

Eating Smart and Being Active During Pregnancy

- *MyPlate* poster
- Painter's tape
- Call Bell
- Recipes for:
 - Energy Bites
 - Fruit and Peanut Butter Dip
 - Veggies and Creamy Dip
 - Zesty Bean Dip
 - Baked Tortilla Chips
- Protein, Dairy, and Fruit Dairy Council Food Models for:
 - "Plan a healthy snack"
- 6, 10" round plates
- Blank "Who Can You Call" magnet
- Laminated pictures of raw and cooked sprouts
- Laminated pictures of chunk light and albacore tuna
- Small notepad of paper
- *Eating Smart • Being Active Paperwork* booklet

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