Welcome to *Eat Smart, Live Strong*

Updated March 2013

The *Eat Smart, Live Strong* Activity Kit is designed to encourage older adults to increase fruit and vegetable consumption to at least 3 ½ cups (1 ½ cups fruit and 2 cups vegetable) and to participate in at least 30 minutes of moderate-intensity physical activity each day. The USDA Food and Nutrition Service developed this intervention specifically for program participants 60-74 years old to help nutrition education providers deliver services to a growing older adult population. The Activity Kit was updated in 2012 to reflect the 2010 Dietary Guidelines for Americans and MyPlate.

Developed and tested by professionals and experts in aging, nutrition education, and intervention development, *Eat Smart, Live Strong* contains activities and resources that can be tailored and adapted to help promote key behaviors.

In the Activity Kit, you will find:

- A Leader's Guide with an overview about the nutrition and physical activity needs of older adults, tips to help you implement and promote *Eat Smart, Live Strong*, as well as suggestions for assisting older adults with physical or social challenges.
- Four ready-to-use, flexible skill-building sessions designed to assist educators in delivering fun, behavior-focused activities and exercises.
- Participant resources such as a marketing flyer, handouts, and participant feedback forms designed to reinforce *Eat Smart, Live Strong* behaviors among older adults.

Supplemental Nutrition Assistance Program (SNAP) Education providers can download and print the Activity Kit from the SNAP-Ed Connection web site at:
http://snap.nal.usda.gov/resource-library/nutrition-education-materials-fns/eat-smart-live-stong. Please note that these materials will not be printed for distribution.   However, print-ready files may be made available to states by request.

If you have questions or comments about the Activity Kit, please send them to the SNAP-Ed Connection at SNAP-Ed@ars.usda.gov.

Enjoy using *Eat Smart, Live Strong*!