



**EAT
WELL**

A program for healthy eating

from University of Maine Cooperative Extension

FREE • FUN • CONFIDENTIAL

Learn to

- stretch food dollars,
- make healthy meals and snacks,
- fit meals into a busy schedule,
- keep foods safe, and
- live a healthier lifestyle.

Choose home visits or teaching groups – or learn by mail!

**The Eat Well program is free to eligible individuals, families, groups, and schools.
To find the Eat Well program in your county, call 1-800-287-0274.**



A Member of the University of Maine System

UMaine Extension programs are open and accessible to all in accordance with program goals.