

**40 Ways to Better Health
In Celebration of the 40th Anniversary of the
Expanded Food and Nutrition Education Program (EFNEP)**

Check off each one of the suggestions below as you complete it. How many can you complete by your graduation from EFNEP?

1	Try 4 new fruits or vegetables.
2	Make 4 changes as a result of what you learn in EFNEP that help improve your overall health.
3	Save 40 cents on a single grocery store purchase through smart shopping.
4	Take 40 minutes a day to play with your children or another family member.
5	Decrease your personal television time by 40 minutes a week.
6	Tell 4 friends about your experience with EFNEP. Invite them to join you for a session.
7	Name 40 different vegetables. Check how many you ate in the last month.
8	Cut 40 calories a day during one meal or snack.
9	Plan 7 meals you can make at home in less than 40 minutes.
10	Replace 40 sugary beverages you would normally drink with low-fat milk or water.
11	Try 40 new recipes and ask your family to help.
12	Eat 40 meals together as family with the television off.
13	Think of 40 activities you and your family can enjoy doing together to be more physically active. Then, get started having fun together.
14	Save \$4 on your total grocery bill for 10 straight weeks by planning and comparison shopping.
15	Try a lower fat milk than what you are currently drinking.
16	Choose a low-fat, low-sugar snack.
17	Spend 40 minutes organizing your coupons.
18	Encourage your family to wash their hands before family meals.
19	Do 40 stretches in the morning to get your body moving.
20	Do 40 chair exercises during a television commercial.
21	Plan all your meals for one month.
22	Include at least one new whole grain product in your family

		meals or snacks.
23		Share an EFNEP recipe with a friend.
24		Find a walking partner.
25		Save \$1 for 40 weeks and then go buy something you have wanted for a while.
26		Make a homemade sanitizing solution for your kitchen. Save the difference in the money you would have spent on a cleaning product and buy a new piece of equipment for your kitchen.
27		Talk with your family about healthy eating and physical activity goals. Set family goals and encourage each other.
28		Do 40 relaxation stretches at the end of your day.
29		Try a vegetable stir-fry.
30		Learn a new recipe for beans.
31		Use a pedometer. Walk 40,000 steps in four days. Try walking at least 10,000 steps every day.
32		Write a letter to your EFNEP Program Assistant telling them what EFNEP has meant to you. Describe the changes you made.
33		Participate in another Cooperative Extension program.
34		Use a grocery list for 4 straight weeks.
35		Reduce the sugar in your pitcher of sweet tea by $\frac{1}{4}$ cup.
36		Share something you learned in EFNEP with 4 family members you haven't seen in a while.
37		Get a kids meal with fruit instead of a larger meal the next time you go out for fast food.
38		Add a vegetable salad to a meal.
39		Dance around the house to your favorite music.
40		Receive a "40 in 40" certificate by completing each of the 40 suggestions on this list.