

Welcome

to "Eat Smart. Play Hard. Together."

This collaborative effort of the North Dakota State University Extension Service and Bison Athletics began with a poster in 2005. It expanded to a statewide educational program with a video featuring Thundar, the Bison mascot; a Web site (www.ndsu.edu/eatsmart); a 4-H club recognition program; poster contests; and classroom lessons for kids with newsletters for parents.

This premiere magazine issue brings together the expertise of faculty across NDSU with articles that range from making time for family meals to saving money on gas when driving children to activities. We are grateful to our colleagues for sharing their expertise in this magazine. We thank you, the readers, for picking up a copy.

Eat Smart and Play Hard!

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Visit
www.ndsu.edu/eatsmart
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Enter "eatsmart"
as the password.



Vary your veggies

- Eat more dark green veggies
- Eat more orange veggies
- Eat more dry beans and peas

www.MyPyramid.gov

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