



# PennState PRO Wellness

Champions for bringing  
**healthy choices** to life.

Penn State PRO Wellness is committed to educating and inspiring youth and their families to eat well, engage in regular physical activity, and become champions for bringing healthy choices to life.

**PREVENTION** • Prevention efforts are critical to battling chronic disease and have been the focus of Penn State PRO Wellness for nearly 15 years.

**RESEARCH** • We implement and evaluate research-based interventions in schools and communities. Through our technical assistance and evaluation, we help organizations take what we know works and apply it in real-world settings.

**OUTREACH** • We grow and support healthy champions by increasing public awareness through regional event participation – providing families, schools and community-based organizations with materials related to nutrition, physical activity and other wellness topics.



# FREE Family Recipes

Delicious and nutritious family-friendly meals and snacks are one click away!



Visit the **FREE** digital recipe portal and try a recipe with a healthy twist. Remember, simple changes equal big results!

Take a bite out of these tasty ideas, visit:

[med.psu.edu/PROwellness/recipes](http://med.psu.edu/PROwellness/recipes)



**sip**

**diabetic-friendly**

**CRUNCH**

vegetarian options



**SNACK**

gluten-free recipes

**Savor**

heart-healthy options

