**Email Blurbs Know Your Limit – October**

**Week 1**

Welcome to EWSNetwork’s Know Your Limits ECampaign! We kicked it off in the summer, and we will continue it throughout the rest of the year. For the month of October, we will look at portion sizes and how to choose healthier food options.

This week, we will look at practical ways on how to control portion sizes when we’re at home, eating out, and grocery shopping. In addition, we will teach you how to decode nutritional labels that will make it easier for you to decide on whether the food item is healthy or not.

**Week 2**

Welcome to the second part of this month’s Know Your Limits ECampaign. Did you get a chance to use your hand to estimate serving sizes? What about looking at nutritional labels at the grocery store?

Because Thanksgiving is approaching, we will look at healthier food swaps with traditional, classic Thanksgiving recipes. Let’s be smart about what we put into our bodies! We also included a nutritious side dish you can easily include in your Thanksgiving dinner. Check it out!