



LEARN ABOUT NUTRITION

Classes will be held on:

_____ (day)

_____ (dates)

from: _____ (time)

at: _____ (where)



Join our FREE nutrition education classes and learn about nutritious foods, how to plan meals and shop for you and your family. Learn how to budget and save \$.

We will teach you about safe food preparation and storage and provide you with recipes. Complete all the lessons and receive a certificate and cookbook.

