

Cooperative Extension Service

Department of Family & Consumer Sciences
Department of Human Nutrition, Food & Animal Sciences
College of Tropical Agriculture and Human Resources



LEARN ABOUT NUTRITION

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(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.



