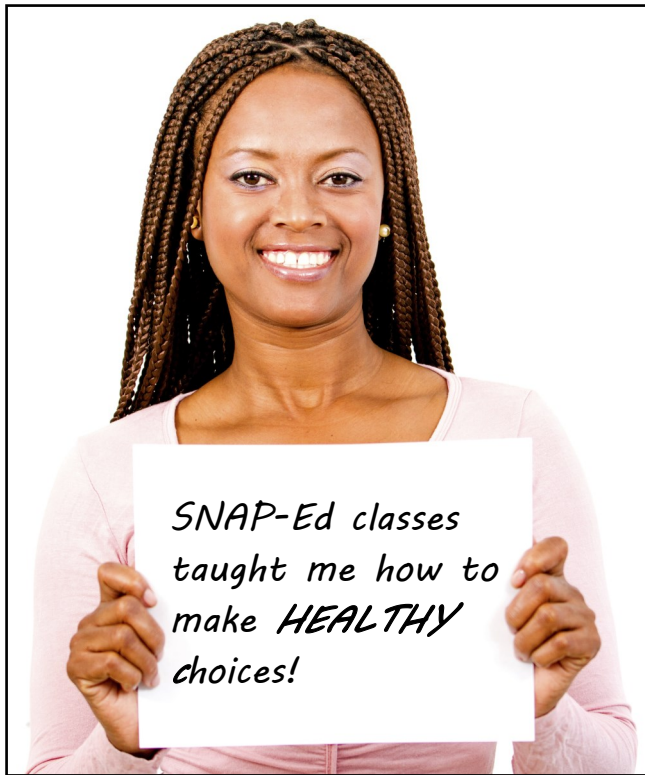


Let's Eat for the Health of It!



Free Nutrition Classes!

*Presented by trained educators from the LSU AgCenter. Sponsored by USDA's SNAP-Ed Program.
USDA is an equal opportunity provider.*



Learn how to:

- ◆ select foods that meet your nutritional needs
- ◆ fix healthful low-cost meals and snacks for your family
- ◆ stretch food dollars to last all month
- ◆ handle and store food so that it will not spoil and last longer

Join Pam Sapp, SNAP-Ed Nutrition Educator for 4 fun filled evenings! Learn how whole grain foods benefit our health. Discover new ways to incorporate more fruits and vegetables into your meals. Learn how to make leaner choices from the protein group. And find out the amount you should consume daily from the dairy group. Enjoy watching cooking demonstrations and tasting delicious and healthy recipes. Receive free recipes!

Dates: November 1st, 3rd, 17th and 29th

Place: Harvey Benoit Recreation Center

Time: 5:30 pm to 6:30 pm

No cost to attend!

