

The Family Nutrition Program

Eat Smart Move More!

a free 6-session health & wellness series

Take charge of your health today!

- Discover foods your body needs to help you feel great!
- Plan, shop & budget healthy meals
- Get more for your money at the grocery store
- Feel **MORE energized** and **LESS tired!**
- Learn to prepare healthy snacks on-the-go!
- Add more activity to your day!



First Tuesday of the Month

6:00 - 7:00 pm

@ **The Kidz Place**

Oct 3, Nov 7, Dec 5

Feb 6, Mar 6, April 3

(will not meet in January)

Participants Receive:

Free Recipes and nutrition tips, Vegetable Scrub brush, Measuring cups and spoons, Food thermometer, Stretch bands, Meal and grocery planning pad, "Cooking is a SNAP" cookbook

