

Give Your Body the Best With Viva Vegetables!

Classes are held in the Cache County
Administration Building Multi-Purpose Room
179 North Main, Logan 435-752-6263

Call to reserve your spot today!
Out of respect for the hearing impaired, no children please.

CLASSES ARE FREE!

Join us for the USU Extension in
Cache County Food \$ense
Program's Giving Your Body the
Best and Viva Vegetables! series.

2010 SCHEDULE:

Daytime Classes 11:00-12:30

January 28

Potatoes A Plenty
Menu Planning and Quick Meals

February 25

Beautiful Broccoli
Heart Healthy Eating

March 25

Lovely Legumes
MyPyramid

April 22

Spiffy Spinach
Milk & Dairy

May 27

Awesome Asparagus
Fruits and Vegetables

June 24

Pleasing Peas
Food Safety

July 22

Green Beans Galore
Grains

August 26

Summer Squash Sensation
Breakfast and Snacks

September 2

Plentiful Peppers
Dietary Guidelines

November 4

Crazy for Cauliflower
Meat, Beans, and Proteins

Nighttime Classes 7:00-8:30

January 20

Potatoes A Plenty
Menu Planning and Shopping

February 17

Beautiful Broccoli
Heart Healthy Eating

March 24

Lovely Legumes
MyPyramid

April 21

Spiffy Spinach
Milk & Dairy

May 19

Awesome Asparagus
Fruits and Vegetables

June 30

Pleasing Peas
Food Safety

July 21

Green Beans Galore
Grains

August 18

Summer Squash Sensation
Breakfast and Snacks

September 15

Plentiful Peppers
Dietary Guidelines

November 17

Cauliflower
Meat, Beans, and Proteins

Topics Include:

- Menu Planning
- Quick Meals
- Dietary Guidelines
- Delicious New Vegetable Recipes

FREE SAMPLES!



This material was funded by USDA's Supplemental Nutrition Assistance Program.

The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>.

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