

Eat Healthy Stay Healthy & Viva Vegetables!



*Join us for the USU
Extension in Cache
County Food \$ense
Program's Eat
Healthy Stay
Healthy and Viva
Vegetables! Series*

Topic Include::

- *Heart Healthy Eating*
- *Disease Prevention*
- *Seasoned Shopping*
- *Delicious new vegetable recipes*
 - *Free Samples!*



NUTRITION, DIETETICS, & FOOD SCIENCES/EXTENSION

CLASSES ARE FREE!

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

2009 Schedule:

Daytime Classes 11:00-12:30

May 27
Radical Rhubarb

June 25
Handy Jicama

July 30
Cool Cucumbers

August 27
Carrot Creations

September 24
Tomatoes to a "T"

October 15
Wonderful Winter Squash

November 19
Super Sweet Potatoes

Nighttime Classes 7:00-8:30

May 20
Radical Rhubarb

June 17
Handy Jicama

July 15
Cool Cucumbers

August 19
Carrot Creations

September 16
Tomatoes to a "T"

October 14
Wonderful Winter Squash

November 18
Super Sweet Potatoes

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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