



Utah State University
COOPERATIVE EXTENSION

Learn how to **make your food money last** all month

Plan **mouthwatering, economical menus**

Learn **nutrition information and tips** with the

Food \$ense Nutrition Program



2009 Summer Classes

DUCHESNE
Daytime Classes
WEDNESDAYS
1:00pm-2:00pm

May 20: Bright Breakfasts

June 3: Smart Snacks

June 17: Quick Meals

July 1: Menu Planning
& Shopping

Classes held in the
**USU Extension Office in
the Duchesne Library
130 S. Center, Duchesne**

For more information regarding the Food \$ense Program, or to schedule a nutrition lesson for you or for a group, **contact us at 738-1140 or email melanie.jewkes@usu.edu or marty.durham@usu.edu**

ROOSEVELT
Daytime Classes
TUESDAYS
1:00pm-2:00pm

May 19: Bright Breakfasts

June 2: Smart Snacks

June 16: Quick Meals

June 30: Menu Planning
& Shopping

Classes held in the
**Crossroads Senior
and Community Center
50 E. 200 S., Roosevelt**

**Classes include
recipes, handouts,
and taste sample of
at least one
recipe.**

This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>.

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