

**Come join us!**

**FREE FOOD SENSE NUTRITION CLASSES**

**Wondering how to make your monthly food dollar last?** Free food classes are being offered in your area. Held once a month at the USU Extension office, located at 325 W. 100 N. West Bldg in Ephraim, 1-2:00 p.m., every third Wednesday.

If you cannot come to our monthly class, we will come to your home or community. Pick up your **FREE DVD** at the USU Extension office to see one of our classes or call us today and we will mail you a **FREE DVD!!!**

- Eating better for less
- Menu Planning/ Shopping
- Quick Meals
- Milk
- Heart Healthy Grains
- Fruit & Veggies
- Meat & Beans
- Fitness

**Call today for an appointment!**  
Anna Bailey or Lisle Dewey at 435-283-7598  
or by email at: [foodsnpete@gmail.com](mailto:foodsnpete@gmail.com)

**UtahStateUniversity**  
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This institution is an equal opportunity provider and employer.

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