

August 19th 1:00-2:00p.m.
Learn about 1 of the 7
Habits of Healthy Eating.

JUST FOR YOU IN 2009
ONCE A MONTH
FREE CLASSES
3RD WEDNESDAYS
1:00-2:00
IN EPHRAIM
325 W 100 N
USU EXTENSION

Class Topics

- MyPyramid
- 7 Habits for healthy eating
- Heart Healthy eating
- Quick Meals
- Menu Planning
- Breakfast
- Nutrition During pregnancy
- Healthy Snacks
- Fitness

And much more



Classes will be held at the Snow College West Campus, 325 West 100 North, Trade and Industries Bldg; Room 10. We will hold classes every third Wednesday of the month from 1:00 ~2:00 p.m. Come join us this month on July 15th.

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>.

Contact Anna Bailey or Lisle Dewey
at 435-283-7598 or email us at:
foodsnpete@gmail.com