

Learn how to make your food money last all month
Plan mouthwatering, economical menus
Learn nutrition information and tips with the
Food \$ense Nutrition Education Program



2009 Class Schedule

**Daytime Classes
Held Thursdays,
11:00am-12:30pm**

<u>Date</u>	<u>Lesson</u>
1/29/09	My Pyramid
2/12/09	Vary Your Veggies
02/26/09	Focus on Fruits
03/12/09	Calcium
03/26/09	Grains

Classes held in the County Administration Building, Training Room, 250 North Main, Richfield. Call 893-0470 to reserve your spot!

**Nighttime Classes
Held Thursdays,
7:00-8:30pm**

<u>Date</u>	<u>Lesson</u>
01-29-09	My Pyramid
02/12/09	Vary Your Veggies
02/26/09	Focus on Fruits
03/12/09	Calcium
03/26/09	Grains

**Food Demonstrations
FREE SAMPLES!**