

# Free Nutrition Classes



Join our  
**Nutrition Education Assistants**  
as they give you information  
and tips about making fun,  
easy, and healthy recipes you  
can prepare on a budget!

**Classes held at**  
Utah County Administration Building  
100 E Center St., Room L700  
Provo, UT 84606



To reserve your spot, call Lisa Rice  
**801-851-8472**

Para mayor informacion sobre Clases de  
Nutricion en Espanol, favor de contactarse  
con Patricia Dominguez, Asistente de  
Educacion Nutricional, al 801-851-8472

## Classes (dates and times)

Date	Topic
January 27 <sup>th</sup>	Menu Planning Made Easy
February 24 <sup>th</sup>	What's for Dinner? Easy Week-Night Meals
March 24 <sup>th</sup>	Breakfast... The Most Important Meal of the Day
April 28 <sup>th</sup>	Healthy Lunch Ideas for Adults and Kids

**All Classes: 6:30 - 8pm**

