

# What's Happening with Food Sense? November – December 2009



## FREE Classes for EVERYONE!!

### Department of Workforce Services

480 27th Street, Ogden  
9:30 to 11:30 a.m.

#### *Menu Planning Help and Dietary Consulting*

November 12  
November 19  
December 3  
December 17

### Club Heights Family Resource Center

4150 South 100 East, South Ogden

#### *50 Ways to Use the Turkey*

November 17, 11:00 a.m.  
Call 801-452-4256 to register.

### Catholic Community Services

2504 "F" Avenue, Ogden

#### *Heart Healthy Holidays*

December 8  
9:00 to 10:00 a.m.  
Call Debbie at 801-394-5944  
ext. 1055 to register.

### Marshall White Center

222 28th Street, Ogden

#### *Nutrition Basics on a Shoestring* 5-week series on Mondays

November 2-30  
6:30 to 8:00 p.m.  
Call 801-399-9281 ext. 309 to register.

**For more information about any of the  
Food Sense classes, call 801-399-8207.**

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

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