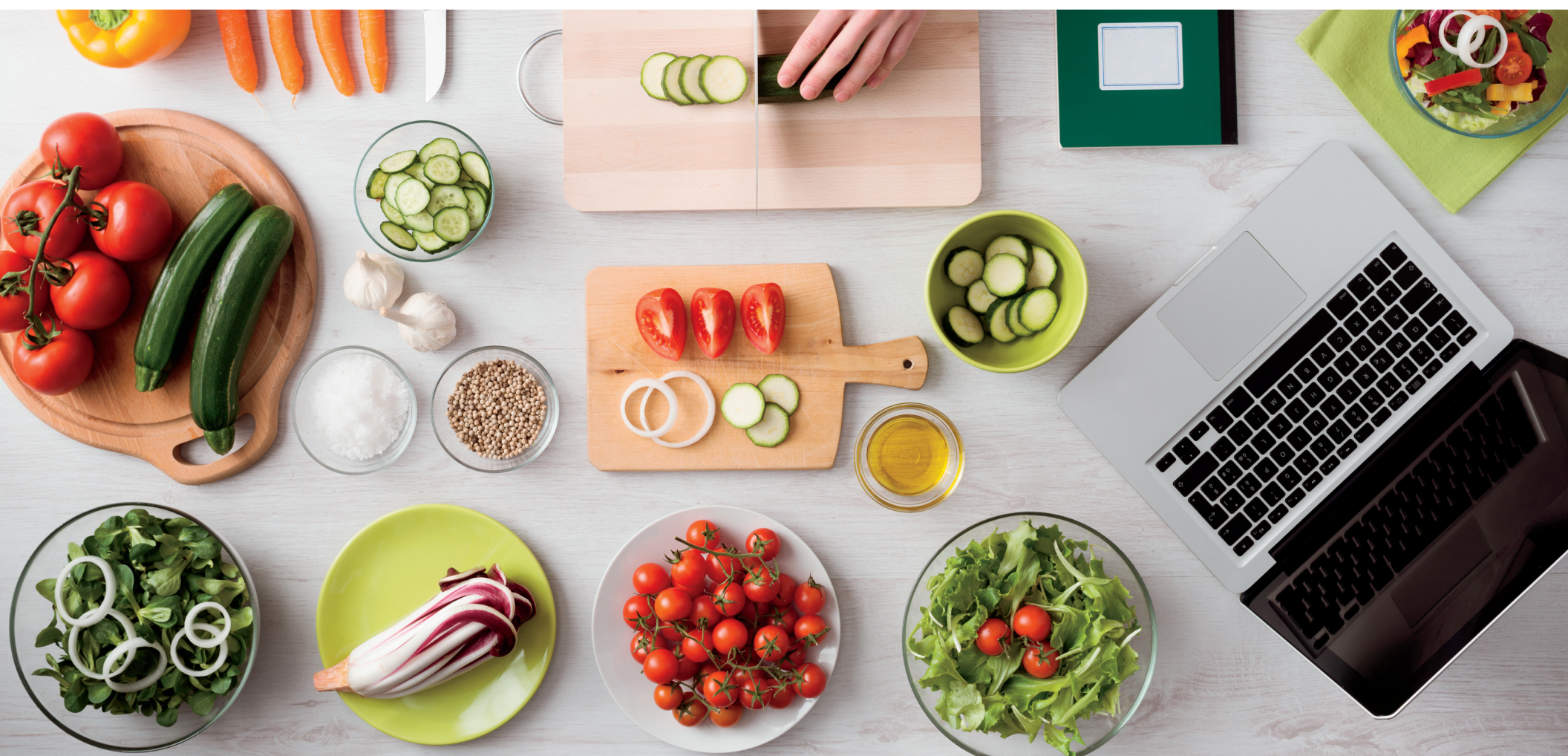


FREE ONLINE CLASSES AVAILABLE IN ENGLISH AND ESPAÑOL

CREATE BETTER HEALTH™ SNAP-ED

This self-paced, online class is now available in English and Spanish. The course is **free** and includes nutrition instruction, recipe demos, menu planning ideas, and tips to create a more healthy lifestyle.



Spanish



Scan the QR
codes to check
out the course!

English



Extension
UtahStateUniversity.



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.