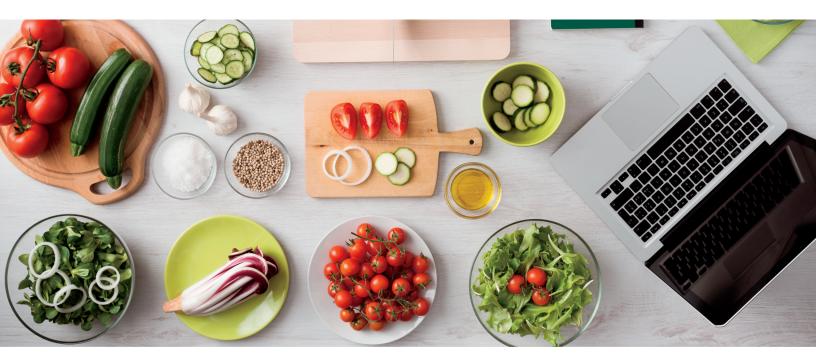
## FREE ONLINE CLASSES AVAILABLE IN ENGLISH AND ESPAÑOL

## CREATE BETTER 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**





## **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.