

PARENTS, COME JOIN US FOR

FREE

Nutrition Classes

8 Lessons

Group Setting or One-on-One
Cook - Be Active – Learn – Have Fun!

**BUY EAT LIVE
HEALTHY**

WE CAN HELP YOU:

- **Save money** – shop and waste less food
- **Save time** – at the store and in the kitchen
- **Help picky eaters** – try new foods
- Learn to **make easy** and **low-cost meals**
- **Strengthen family relationships**

SIGN UP NOW!

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