

## No-Cost Nutrition Education Workshops

Growing Healthy Families



All educational materials are research-based and utilize the USDA's MyPlate.

### Participating Adults will:

- Learn to make healthy food choices on a budget
- Receive recipe demonstrations and tastings
- Receive educational handouts and reinforcement items

### Topics Include:

- My Healthy Plate
- Enjoy Healthy Food that Tastes Great
- Quick and Health Meals and snacks
- Eating Healthy on a Budget
- Physical Activity is the Key to Living Well

### For class information, dates, times and locations:

### Contact:

Stay connected

@uccalfreshfmc

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