



Simple Solutions to Help You Eat Better for Less!

Participant Benefits:

- Learn to save money on groceries
- Learn to cook quick, easy and affordable meals
- Prepare healthy foods that taste great
- Receive kitchen tools to help you prepare food at home
- Learn about easy and free ways you can be more physically active
- By completing the Healthy Choices for Every Body program, you will become a Nutrition Education Program graduate and receive a certificate

What Can You Expect at a Program?

- Hands-on activities
- Cooking demonstrations
- Recipe cards
- Small group discussions
- Practical information
- Handouts
- Newsletters



Make Mealtime a Family Time!

THERE IS NO COST TO PARTICIPATE!

Join Us For Our Next Class

Topic: MyPlate for Every Body

Date: January 8, 2018

Time: 11:00 AM - 12:00 PM

Location: Calvin A. Perry Community Center

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