PARENTS, JOIN US FOR

9 FREE

Nutrition Classes

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!**

*financial guidelines apply*

**Group and Individual Classes Available**

To register and for more information contact:

**Donna Smith**
319-775-2715
donnas@iastate.edu

**Jamie Nguyen**
319-775-2723
jtinguyen@iastate.edu

This program is funded by USDA's Supplemental Nutrition Assistance Program, SFMNP and Iowa State University Extension and Outreach. USDA is an equal opportunity provider and employer. The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more visit www.nysfood.iowa.gov.

Iowa State University Extension and Outreach does not discriminate on the basis of age, disability, ethnicity, gender identity, genetic information, marital status, national origin, pregnancy, race, religion, sex, sexual orientation, socioeconomic status, or status as a U.S. veteran. Direct inquiries to Ross Wilburn, 515-294-4822, rossw@iastate.edu.

BUY EAT LIVE HEALTHY

Let's cook together and learn healthy ideas for your family!