PARENTS, COME JOIN US FOR
FREE
Nutrition Classes

Individual And Group
Classes Available

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!
Let’s cook together and get healthy ideas for your family
FREE 9 WEEK CLASSES OF FUN LEARNING

To register and for more information contact:

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