

PARENTS, PLEASE COME JOIN US FOR

FREE

BUY EAT LIVE
HEALTHY
EFNEP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM
FNP | FAMILY NUTRITION PROGRAM
LYF | LOVING YOUR FAMILY - IOWA

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 how to **make easy** and **low-cost meals**
- Try new **meal ideas**
- **Strengthen family relationships**

Meet with a Nutrition Coach for 8 weeks to complete BuyEatLiveHealthy. Each session includes cooking, physical activity and fun learning!

Free to families with children under 10 meeting income guidelines.

SIGN UP NOW!

To register and for more information on our program please contact:

Linn County Extension
319-377-9839



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP-Ed, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach. 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, contact your local Department of Human Services or go to www.dhs.state.ia.us.

... and justice for all

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