

COME JOIN US FOR
FREE
Nutrition Classes

BUY EAT LIVE
HEALTHY

in partnership with

**People's Community
Health Clinic**
905 Franklin Ave.
Waterloo, IA
50703

Class series held each Thursday, 10 AM – 12 PM at

<u>DATES</u>
February 28
March 7
March 14
March 21
March 28
April 4
April 11
April 18
April 25
May 2

People's Clinic

NO CLASS ON MARCH 21

- ❖ Taste delicious and Nutritious Recipes each week
- ❖ Receive a *free* kitchen tool with each class
- ❖ Certificate of completion and cookbook when you finish all 9 lessons!

You can also present the Certificate of Completion to the North East Iowa Food Bank for an additional Food Basket!

SIGN UP NOW!

For more information or

To register contact:

Athena Speller

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America Anderson

319-486-6410

America5@iastate.edu

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**



This program is funded by USDA's Supplemental Nutrition Assistance Program, EFNEP and Iowa State University Extension and Outreach. This institution is an equal opportunity provider. 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.yesfood.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 the Diversity Officer, 515-294-1482, extdiversity@iastate.edu.

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