

PARENTS, PLEASE COME JOIN US FOR

FREE

**BUY EAT LIVE
HEALTHY**

EFNEP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM
FNP | FAMILY NUTRITION PROGRAM
LVF | LOVING YOUR FAMILY - IOWA

Cooking & 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**

Thursdays, 11:30-1 / March 27-May 15

Dallas Co. / **WAUKEE Area Christian Services**

Food Pantry – Westview Church

1155 SE Boone Dr., Waukee

Child Care Provided Free

SIGN UP NOW!

To register and for more information
contact:

Sara Tessmer

Family Nutrition Program

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... and justice for all

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11/13