

## Expanded Nutrition Program

**Come join the weekly 1 ½ hour classes and learn about:**

Basic Nutrition: (Meats, Vegetables, Fruits, Grains, Milk, Fats & Oils)

How To Read Food Labels

Food Safety & Food Storage

How To Save \$\$ When Grocery Shopping

Planning Your Family Meals

Prepare A Healthy and Nutritious Recipe Every Week During Class!

**Dates:**

September 6, 13, 20, 27,  
& October 4 & 11, 2007

**Day of the Week:**

Thursdays

**Where:**

La Feria/Santa Rosa  
Family Learning Center

**Time:**

5:00 pm – 6:30 pm

**Phone Number:**

636-9331/ 797-2963/247-3621

**MyPyramid.gov**



**CLASSES DEPEND UPON ATTENDANCE  
OF PARENTS & CHILDREN**