



Their **FUTURE** means everything to you

Learn Some Basic Steps to:

- Cook easy, quick, and tasty, healthy meals that your whole family will love
- Get your children and whole family involved in meal preparation
- Get your kids to eat more fruits and vegetables and like them
- Stretch your food dollars
- Get your family to be more physically active and have fun together

There Will Be 4 Sessions That Include Family Meals— Easy, Tasty, and Healthy!

Wednesday February 10

Vegetables and Fruits— Simple Solutions

Wednesday February 17

How Much?- Food and Physical Activity

Wednesday February 24

Family Time— Active and Fun

Wednesday March 3

There is NO Cost To Attend These Sessions

These Sessions Are Open To ANY Adult That Has a Family!



*All classes will be held at the Wheaton High School in the Home Ec. Room.

Classes start at **5:30 pm and will go approximately one hour.

*** **Please Plan To Attend All 4 Sessions.**

**** If a class is postponed due to weather, it will be made up Wednesday March 10.

**Please Register with Community Ed.
Class Will Be Taught By Nutrition Education
Assistant Michelle Thorstad**

For More Information

Please Call the Traverse County Extension Office at:
320-563-4515

or email: thors332@umn.edu

Nutrition
Education Programs

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EXTENSION

The University of Minnesota is an equal opportunity educator and employer.

This material was funded by USDA's Food Stamp Program. The Food Stamp Program can help you buy nutritious foods for a better diet.