

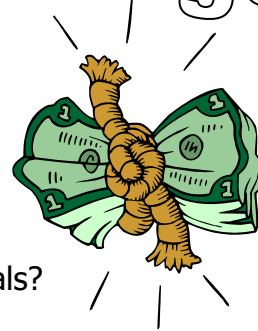
Eating Well On A Budget

Join us for one session of Eating Well On A Budget.
Learn some tips on

Planning Well: What Do I Do Ahead Of Time?

Shopping Well: How Do I Stay On Track?

Cooking Well: How Do I Prepare Healthy And Safe Meals?



Sessions will be on:

Wednesday January 13th 5:30-6:30

Thursday January 28th 5:30-6:30

Monday February 1st 5:30-6:30

Thursday February 18th 5:30-6:30

Pick one session



All sessions will be held at the Wheaton High School Home Ec. Room.

There will be activities and information as well as a presentation by Michelle Thorstad–
Nutrition Education Assistant.

Taste Testing

Door Prizes
Question and Answer

Menu Planning

Please Register With Community Education 320-563-8282.

This Program is Brought To You At No Charge By:

The University of Minnesota Extension Nutrition Education Program– Traverse County

With Question Please Call The Extension Office
320-563-4515 or email thors332@umn.edu

*** Please be on time so you have a chance to participate in all the activities.

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*The University of Minnesota is an equal opportunity educator and employer.
This program is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP can help you buy
nutritious foods for a better diet.*