

HEALTHIER CHOICES YOUR FAMILY WILL LOVE

Free nutrition and healthy living classes

ZOOM WORKSHOPS

5:00 to 6:00 PM

Apr 13th: What is Healthy Food? How Can You Afford It?

Apr 20th: Smart Shopping for Fruits & Vegetables

Apr 27th: Making Choices Between Food Needs & Food Wants

May 4th: Food Budgeting Made Easy

Participants can request a contactless delivery to have a produce box delivered to your home the day of the workshop.

Space is limited

To register please call or e-mail:

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