

SNAP-Ed Nutrition Class

Saving Money while Eating Healthy

Learn how to select and prepare meals, to stretch food dollars and eat for better health. Classes could include food preparation, food tastings, take-home recipes and incentives.

Participants must meet qualifications for current SNAP benefits and be willing to complete surveys providing information about food attitudes and habits, contribute to discussions and try new foods.

We ask that all participants sign up and agree to attend all sessions.

Topics covered include:

- Exploring My Plate
- Planning Healthy Meals
- Savvy Shopping to stretch food dollars

Wednesdays from 6:15-7:00pm

August 21, 28

September 4, 11, 18, 25

Rivertree Church

5857 Highview Dr., Milford, OH 45150

To sign up please contact:

Becky Fiscus, fiscus.22@osu.edu

513-732-7070

Or visit our website

<http://clermont.osu.edu/>



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

OSU Extension

Family and Consumer Science

SNAP-Ed

Clermont County