



BUY. EAT. LIVE HEALTHY

Join us for FREE Nutrition Classes

	Date	Time	Topic
1	Wednesday, July 24	5:30—7:00 PM	Welcome
2	Wednesday, July 31	5:30—7:00 PM	Get Moving
3	Wednesday, Aug. 7	5:30—7:00 PM	Plan, Shop, \$ave
4	Wednesday, Aug. 14	5:30—7:00 PM	Fruits and Veggies: Half your Plate
5	Wednesday, Aug. 21	5:30—7:00 PM	Make Half Your Grains Whole
6	Wednesday, Sept. 11	5:30—7:00 PM	Go Lean with Protein
7	Wednesday, Sept. 18	5:30—7:00 PM	Build Strong Bones
8	Wednesday, Sept. 25	5:30—7:00 PM	Make a Change and Celebrate

Childcare
providers earn 10
credits! Enroll via
i-PoWeR



Educator: Blanca Lopez 515-957-5775 blopez@iastate.edu

Location: Polk County Extension Office 1625 Adventureland Dr. Suite A Altoona, IA 50009

www.extension.iastate.edu/humansciences/buy-eat-live-healthy