



BUY. EAT. LIVE HEALTHY

Join us for FREE Nutrition Classes

	Date	Time	Topic
1	Monday, July 29	2-3:30PM	Welcome
2	Monday, August 5	2-3:30PM	Get Moving
3	Monday, August 12	2-3:30PM	Plan, Shop, \$ave
4	Monday, August 19	2-3:30PM	Fruits and Veggies: Half your Plate
5	Monday, September 9	2-3:30PM	Make Half Your Grains Whole
6	Monday, September 16	2-3:30PM	Go Lean with Protein
7	Monday, September 23	2-3:30PM	Build Strong Bones
8	Monday, September 30	2-3:30PM	Make a Change and Celebrate

Make up lessons TBD, please schedule with Blanca

Questions? Contact Blanca Lopez 515-957-5775 blopez@iastate.edu

Location: Mickle Center 1620 Pleasant St. Des Moines, IA

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