



BUY. EAT. LIVE HEALTHY

Join us for FREE Nutrition Classes

	Date	Time	Topic
1	Wednesday, Feb 12	5:30—7:00 PM	Welcome
2	Wednesday, Feb 19	5:30—7:00 PM	Get Moving
3	Wednesday, Feb 26	5:30—7:00 PM	Plan, Shop, \$ave
4	Wednesday, Mar 5	5:30—7:00 PM	Fruits and Veggies: Half your Plate
* 5	Wednesday, Mar 12	5:30—7:00 PM	Make Half Your Grains Whole
6	Wednesday, Mar 19	5:30—7:00 PM	Vary your Protein Routine
7	Wednesday, Mar 26	5:30—7:00 PM	Build Strong Bones
8	Wednesday, Apr 2	5:30—7:00 PM	Small Changes Matter

Childcare providers earn 10 credits! Enroll via i-PoWeR



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

All others contact Blanca to enroll

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

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