



EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM FREE ADULT NUTRITION CLASSES

What Will I Learn?



- *Week One:* Healthy food, Healthy Families
- *Week Two:* Foods that Pack a PUNCH!
- *Week Three:* Making the most of MyPlate
- *Week Four:* Power of Planning
- *Week Five:* Setting your Limits
- *Week Six:* Plate it Safe!
- *Week Seven:* The Choice is Yours!

What is the Cost?

There is no cost. The classes are **FREE!!**
Each participant will receive a Certificate of Completion at the end of the program. Classes

provided by Texas AgriLife Extension Service, The Expanded Food and Nutrition Education Program. Classes are available in English, Spanish, Vietnamese and Chinese. **English Classes** will be held at

Ring Neighborhood Library
8835 Long Point
Houston, TX 77055
713-349-0880

Wednesdays: 1 p.m. - 2:30 p.m.
1/8/2014 - 2/19/2014

