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FOR MORE INFORMATION:

extension.psu.edu/nutrition-links

ENJOY HEALTHY EATING ON A TIGHT BUDGET

NUTRITION LINKS

FREE NUTRITION LESSONS AND ACTIVITIES

Join this free program and work with Penn State Extension Nutrition Education advisers to complete lessons featuring healthy eating tips covering smart shopping, food preparation, and delicious recipes. Receive a certificate of completion when you attend all lessons.

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TOPICS INCLUDE:

- + Portion Sizes
- + Moving More
- + Smart Drink Choices
- + Meal Planning
- + Shopping on a Budget
- + Adding Fruits and Vegetables
- + Preparing Food Safely

WHO QUALIFIES FOR THIS PROGRAM?

- + Parent or caregiver of a child 19 years or under who qualifies for free or reduced school lunch or WIC
- + Adults who qualify for SNAP Benefits, Food PanBoxes/Bags, Pennsylvania Farmers Market Vouchers

BONUS: KITCHEN TOOLS FOR GRADS!



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