



# FREE Nutrition Lessons

**PURDUE**<sup>™</sup>  
EXTENSION

NUTRITION EDUCATION  
PROGRAM

Join us for free and fun nutrition lessons. Learn about healthy food options, reading labels and food safety. We'll cook a sample dish and you'll get a free gift for coming to class!

**THURSDAYS NOV 16, 30 and DEC. 7, 14, 21 • 10:30am**  
**PORTAGE YMCA, 3100 WILLOWCREEK ROAD**

- Stretch your food dollars
- Plan fast & healthy meals
- Cook & sample food
- Increase your physical activity
- Free participation gift
- Earn certificate of completion

**Free. Registration is required.**  
**Call 219-836-3477 or 866-836-3477.**



Purdue University is an EOE/AA employer. All individuals, including minorities, women, individuals with disabilities and veterans are encouraged to apply. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Purdue University Northwest's Office of Financial Aid 855-608-4600.