



FREE Nutrition Classes provided by



*Eligible Participants are adults with kids at home receiving assistance such as WIC, Snap, Free School meals, Medicaid or from any other federal program.

Class Schedule: (Mondays / Thursdays 9:00AM -11:00AM)

Lesson 1: Welcome to Eating Smart Being Active / **Monday**, Oct.30th, 2017

Lesson 2: Get Moving / **Thursday**, Nov. 2nd, 2017

Lesson 3: Plan, Shop & Save / **Monday**, Nov.6th, 2017

Lesson 4: Fruits & Veggies / **Thursday**, Nov. 9th, 2017

Lesson 5: Make half your grains Whole Grains / **Monday**, Nov. 13th, 2017

Lesson 6: Go lean with protein / **Thursday**, Nov. 16th, 2017

Lesson 7: Building strong bones / **Monday**, Nov. 27th, 2017

Lesson 8: Make a Change / **Thursday**, Nov. 30th, 2017

Lesson 9: Celebrate, Eating Smart Being Active (Graduation!), **Monday**, Dec. 4th, 2017

* **Date subject to change due to weather or emergency**

More Info:

Mrs. Anna Loaiza / anna.loaiza@polk-fl.net / Frostproof Elem. Title 1 Parent Resource Center
(863) 635-8600

Mrs. Oleda Johnson/ Frostproof Elem. Head Start Parent Outreach Facilitator
(863) 635-8617



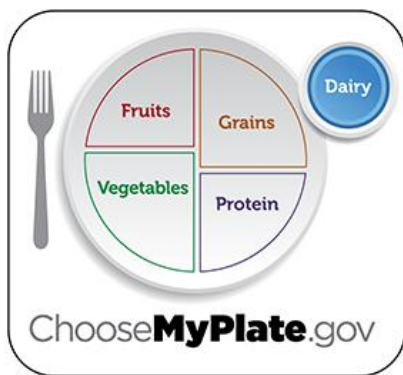
FREE Nutrition Classes!

Do you like learning new recipes?

Do you want to save money? \$ 😊 \$

Are your kids picky eaters? Or overeaters?

Want to learn how to exercise outside of a gym?



You will get free gifts, try delicious food (and take home the recipes!), and earn a graduation certificate at the end of 9 classes!

All this **FREE!**

For More Information:

Mrs. Anna Loaiza / anna.loaiza@polk-fl.net / 863 635-8600
Frostproof Elem. Tittle 1 Parent Resource Center

Oleda Johnson / oleda.johnson@polk-fl.net / 863 635-8617
Elem. Head Start

Frostproof

Peggy Geren / pgeren@ufl.edu *Bilingual-Spanish speaker*/ 863 519-1071