



Nutrition Links

Teaching people how to eat better for less!

Come for a series of FREE lessons with fun activities.

- **Learn to eat healthy on a limited budget**
- **Learn to plan and cook low-cost, fast and easy meals**
- **Learn to keep food safe to eat**
- **Sample new healthy foods**
- **Participants receive tote bag, cook book, food safety thermometer and a certificate and more!**

Dates: Tuesday, April 10, 2018
Tuesday, April 17, 2018
Tuesday, April 24, 2018
Tuesday, May 1, 2018
Tuesday, May 8, 2018
Tuesday, May 15, 2018

Time: 1:00 - 2:30 pm

Place: Parkesburg Library
105 West St., Parkesburg, PA 19365
610-857-5165
parkesburglibrary.org

Presented by Nutrition Education Adviser:
Cindy Seigafuse

In Partnership with:
Parkesburg Library and the Octorara Food Cupboard

For more information and registration contact:
Parkesburg Library 610-857-5165 parkesburglibrary.org

Who may attend this FREE class?

Parent or caregivers of a child 19 and under, adults, older adults who qualify for:

- Free or Reduced School Lunch
- WIC
- SNAP Benefits
- Food Pantry Boxes/Bags
- Pennsylvania Farmers Market Vouchers

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