



Come join us!

Healthier choices your family will love!

Free nutrition and healthy living classes are available from Illinois Nutrition Education Programs

All from the comfort of your home

"Virtual Class Topics"

***What is healthy food? How can you afford it? 9/23/2020**

***Smart Shopping for Fruits and Vegetables. 9/30/2020**

***Saving Money on Food Away From Home. 10/07/2020**

Classes are offered Wednesdays from 10-10:30 am

**Register Online:
<https://go.illinois.edu/SaveMoney>**

If you need reasonable accommodations to participate in this program, Email any of us:

Barb Curry	217-300-0809	Stephenson Co.
Linda Ricker	217-300-2717	Winnebago Co.
Rita Gillette	217-300-7780	Winnebago Co.
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