



FREE Community Nutrition Classes with OSU Ext. SNAP-Ed!

Where: The Connection Center For All People
911 Parsons Ave. Cbus, OH 43206

When: Tuesdays 11 AM – 12 PM

Class Dates – Topics & Recipes:

March 8 – MyPlate & Apple Oatmeal Muffins

March 22 – Reading the Nutrition Facts Label &
Cowboy Caviar

April 5 – Decrease Your Sugar Sweetened
Beverages & Flavored Water

April 19 – Affordable Heathy Foods & Chewy Fruit
and Nut Bars

May 3 – Increase Your Physical Activity & Sunrise
Smoothie

May 17 – Family Meal Planning & Morning Muffins

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

OSU EXTENSION FRANKLIN COUNTY

FAMILY AND CONSUMER SCIENCES

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