



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 low-cost, fast and easy meals
- Learn to keep food safe to eat
- Sample new healthy foods
- Groceries provided weekly for recipe prep at home.
- Crockpot awarded upon completion.

Dates: February 26

March 4

March 11

March 18

March 25

Time: Wednesday mornings
10:00 to 11:30 a.m.

Place: Community REACH
15 First Ave
Red Lion, 17356

Presented by Nutrition Education Adviser:

Terri Rentzel

In Partnership with:

Community REACH

For more information contact:

- Terri Rentzel @ Nutrition Links 717-840-7408
- Community REACH 717-244-6934

Who may attend this FREE class?

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

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

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