



NUTRITION, COOKING, AND FOOD BUDGETING



Classes for WIC families from
the Nutrition Connections program at no cost to you

Do you want to learn how to:

- Encourage healthy eating habits in children who are picky eaters?
- Prepare healthy, low-cost meals?
- Use WIC foods in new recipes?
- Save \$\$ at the supermarket?
- Eat a healthy diet?
- Lose weight safely and keep it off?
- Plan and follow a budget?
- Prevent foodborne illness?
- Fun exercising tips for your family?



Learn in your home

"I have learned so much about nutrition and exercise from your information. The changes I've made have impacted my health. I plan on continuing and enjoying good health in the future." – client Exeter, NH



Or learn with a group

Sign up!

Call

1-800-366-3546