



JOIN IN ON THE FUN WITH FREE VIRTUAL NUTRITION CLASSES

All classes are taught on an individual bases and offered to low - resource parents residing in Wyandotte County.

Receive a free cookbook, graduation certificate and reinforcements upon completion of a series of classes.

Are you interested in learning ways to improve your family's

- Healthy Eating Habits
- Meal Preparation at Home
- Consumption of Fruits and Vegetables
- Physical Activity
- Food Safety Practices
- Control of Portion Sizes

For more information or to sign up for classes contact,

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Wyandotte County



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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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