

SNAP-ED ONLINE CLASSES

OCTOBER 1, 2021 - SEPTEMBER 30, 2022



WHAT

A series of 6 interactive VIRTUAL classes actively teaching participants the skills needed to create a healthy lifestyle utilizing the Create Better Health curriculum.



WHO

Kansas SNAP-Ed welcomes all eligible participants to enroll in our online class series:

DCF Referrals •

Low resourced community members who request an online Nutrition Education opportunity •

Requests for online Nutrition Education from community partners who work with low resource audiences •



WHERE

SNAP-Ed in Kansas has a NEW website!

WWW.K-STATE.EDU/KS-SNAPED/



HOW

1. **CLICK** on the FREE Classes Tab

2. **CLICK** Yes, I qualify **OR** No, I don't qualify.

Yes, I qualify to get registered for online or face to face classes.

No, I don't qualify explains the program is for income eligible adults and families.



WHEN

November & December, Wednesdays 6:30-7:30

January & February, Wednesdays 4:00-5:00

March - April, Wednesdays noon-1:00

April 26 - May 31 Tuesdays noon-1:00

June & July, TBD

WWW.K-STATE.EDU/KS-SNAPED/



BONUS!

All participants who complete the series of 6 classes will be given a \$25 kitchen item of their choice courtesy of United Health Care of Kansas.