



LEARN TO EAT HEALTHY ON A BUDGET

NUTRITION LINKS PROGRAM

FREE IN-PERSON CLASSES

DATE/LOCATION:

PRESENTED BY:

IN PARTNERSHIP WITH:

LEARN MORE:

extension.psu.edu/nutrition-links

TOPICS INCLUDE:

- + Delicious recipes
- + Smart shopping
- + Meal planning and preparation
- + Food safety
- + Nutrition

WHO QUALIFIES FOR THIS PROGRAM?

- + Parent or caregiver of children who qualify for free or reduced school lunch or WIC
- + Adults who qualify for SNAP, food pantry boxes/bags, Pennsylvania farmers market vouchers

**CERTIFICATE OF
COMPLETION AND
FREE KITCHEN TOOLS!**



PennState Extension

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