



UNIVERSITY OF ILLINOIS
EXTENSION

Extending Knowledge Changing Lives

Healthy Lunches and Snacks Class Offered

Nutrition & Wellness Program



Healthy Lunches and Snacks

**June 07, 2017
5:00—6:00 p.m.**

**Richard A. Mautino
Memorial Library
215 E Cleveland Street
Spring Valley, IL**

What are you eating today?

Learn the research-based information on how to make healthy lunches and snacks that will save money on the food budget this summer!

Along with saving money, in this class, we will cover how to enjoy good nutrition, watch portions and calories and even travel while eating healthy.

Try a healthy snack in class. Take home recipes and information you can trust using with yourself, family and friends.

**Join Susan Glassman,
Extension Educator,
Nutrition and Wellness for
our class,
Healthy Lunches and Snacks!**

To register, please call University of Illinois Extension at 815-224-0889 by June 05, 2017 or register online at: <https://web.extension.illinois.edu/registration/?RegistrationID=16778>

University of Illinois Extension provides equal opportunities in programs and employment. The Mission of University of Illinois Extension is to provide practical education you can trust to help people, businesses and communities solve problems, develop skills and build a better future.”

Extension provides unbiased, research-based information and education to improve your nutrition and life-style practices. If you need a reasonable accommodation to participate, have questions or need more information please call 815-224-0889.

Extension offices are located in Princeton, Ottawa, and Henry and Oglesby.
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