

JOIN US FOR

FREE Nutrition Classes

BUY EAT LIVE
HEALTHY



WE CAN HELP:



Save money – shop
and waste less food



Save time – at the
store and in the kitchen



Learn to make easy and
low-cost meals.



Help picky eaters –
try new foods

JOIN US:



Tuesdays at 6pm
October
10th, 17th, 24th
November 7th

SIGN UP NOW!

To register and for more
information contact:

Story County Extension
515-337-1601
xstory@iastate.edu

