



Virtual Nutrition Classes

Join us online

Wednesdays Feb 21st, 28th, March 6th and 13th

Time: 1:00 PM

QR Code to
Pre-Survey

Reminder emails and link to virtual class will be sent out after the pre-survey is completed.

Pre-survey Link: <https://forms.office.com/r/VRcEYsff9p>

For more information: Email Campbell.2382@osu.edu



SNAP-Ed is a federally funded program to teach adults on the following topics:

- MyPlate (Healthy Food Choices)
- Portion Size
- Stretching Food Dollars
- Food Shopping
- Food Safety
- Physical Activity



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program –SNAP.



THE OHIO STATE UNIVERSITY
EXTENSION

go.osu.edu/snap-ed
Family and Consumer Sciences

College of Food, Agricultural, and Environmental Sciences