



Community Nutrition Classes with OSU Extension SNAP-Ed!

Tuesdays 11 AM – 12 PM

at The Connection Center
For All People

911 Parsons Ave.

Class Dates – Topics & Recipes:

March 8 – MyPlate & Apple Oatmeal Muffins

March 22 – Nutrition Facts Label & Cowboy Caviar

April 5 – Decrease Sugar Beverages & Flavored Water

April 19 – Affordable Healthy Foods & Chewy Fruit Bars

May 3 – Increase Physical Activity & Sunrise Smoothie

May 17– Family Meal Planning & Morning Muffins

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

OSU EXTENSION FRANKLIN COUNTY

FAMILY AND CONSUMER SCIENCES

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