



Community Nutrition Classes with OSU Extension SNAP-Ed!

Wednesdays at 10 AM

at The Linden Market
1464 Cleveland Ave.

Class Dates – Topics & Recipes:

March 30 – MyPlate & Apple Oatmeal Muffins

April 13 – Nutrition Facts Label & Cowboy Caviar

April 27 – Decrease Sugar Beverages & Flavored Water

May 11 – Affordable Healthy Foods & Chewy Fruit/Nut Bars

May 25 – Increase Physical Activity & Sunrise Smoothie

June 8 – 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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FRANKLIN CO. SNAP-ED

Better Food Choices for Healthier
Buckeyes!

Visit OSU Extension Franklin County SNAP-Ed's New Website!

Visit our website for new recipe ideas, healthy eating tips, locations of food assistance programs, and more!

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