

PARENTS, PLEASE COME JOIN US FOR

# FREE

**BUY EAT LIVE  
HEALTHY**

EFNEP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM  
FNP | FAMILY NUTRITION PROGRAM  
LYF | LOVING YOUR FAMILY - IOWA

## Cooking and Conversation

### WE CAN HELP YOU:

- **Save money** - shop and waste less food
- **Save time** - at the store and in the kitchen
- **Help picky eaters** - try new foods
- Learn how to **make easy** and **low-cost meals**
- Try new **meal ideas**
- **Strengthen family relationships**

You can choose to participate in group class or one-on-one in your home.

Lessons are available in English or Spanish

### **SIGN UP NOW!**

To register and for more information on our program please contact:

Iowa State University  
Extension & Outreach  
563-359-7577



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP-Ed, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach. The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services or go to [www.dhs.state.ia.us](http://www.dhs.state.ia.us).

... and justice for all

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Extension and Outreach