



## USDA *MyPlate* 10 Tips Series Nutrition Education Class Schedule

***Come join us to learn about:***

\*Choosing Healthy Meals as You Get Older \*Liven Up Your Meals \*Kid Friendly Veggies and Fruits \*Eating Better on a Budget \*Make Better Beverage Choices \*Be Food Safe \*Add More Vegetables to Your Day \*Make Healthier Holiday Choices \*Save More at the Grocery Store \*Focus on Fruits \*Make Half Your Grains Whole \*Got Your Dairy Today \*Vary Your Protein Foods \*Smart Shopping for Veggies and Fruits

### **Belen Community Center**

*305 Eagle Lane Belen, NM 87002*

**April 3, 10, 17, & 24 @ 9:00-10:00am**

### **Rio Communities Wellness Fair**

*Valley Community Shopping Plaza on Rio Communities Blvd.*

**April 22 @ 10:00am – 2:00pm**

### **Los Lunas Growers Market**

*3447 Lambros Circle, Los Lunas, NM 87031*

*(across from Heritage Park)*

**July 11, 18, & 25 @ 4:00-7:00pm**

**ICAN** (*Ideas for Cooking and Nutrition*) is a **FREE** Program Provided by **New Mexico State University Cooperative Extension Service in Valencia County**. For additional Programs visit our website [valenciaextension.nmsu.edu](http://valenciaextension.nmsu.edu)

**To reserve your spot call Christine at (505) 565-3002 or email at: [cscarter@nmsu.edu](mailto:cscarter@nmsu.edu)**



If you are an individual with a disability who is in need of an auxiliary aid or service to participate in this meeting, please contact the ICAN Program at 505-565-3002 two weeks in advance of event.

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating. This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-888-473-3676.

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