



**For Parents/Guardians**  
with children under age 10 or if you are pregnant



**FREE**

# Family Nutrition Classes

Learn ways to:

- help picky eaters try new foods
- include more fruits and vegetables
- strengthen family relationships
- save time at the store and in the kitchen
- be more active with your family
- make easy, affordable meals and snacks

**8 Week Class Starts**  
**Monday, January 16, 2012**

**6:00 pm - Supper**  
**6:30-7:30 pm - Class**

**Waukee Area Christian Food Pantry**  
(lower level Westview Church-West entrance)  
1155 SE Boone Drive, Waukee

**To register call the Food Pantry at: (515) 321-0894**

<b>Supper provided</b>	<b>Free incentives each week</b>	<b>Free Childcare</b>
<b>Receive affordable, family friendly recipes</b>		
<b>Receive an ISU Extension Certificate upon completion</b>		

Sara Tessmer, Family Nutrition Program Educator/FNP

**IOWA STATE UNIVERSITY**  
**Extension and Outreach**  
Healthy People. Environments. Economies.

... and justice for all

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