

## FREE SNAP-Ed Classes

- Learn to Stretch Your Food Dollar
- Plan Quick Dinners
- Create Nutritious Meals at Home
- Practice Portion Control
- Enjoy Fruits and Vegetables
- Be Active throughout Your Life

6 Online Classes Held Thursdays 3-4 pm  
February 25 — April 1

Sign up at the link below:

<https://tinyurl.com/EFNEP-SNAP-Ed>

Earn Reinforcement Items



Classes offered through



**K-STATE** | Shawnee County  
Research and Extension

1740 SW Western Avenue  
Topoka, KS 66604  
785-232-0062



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