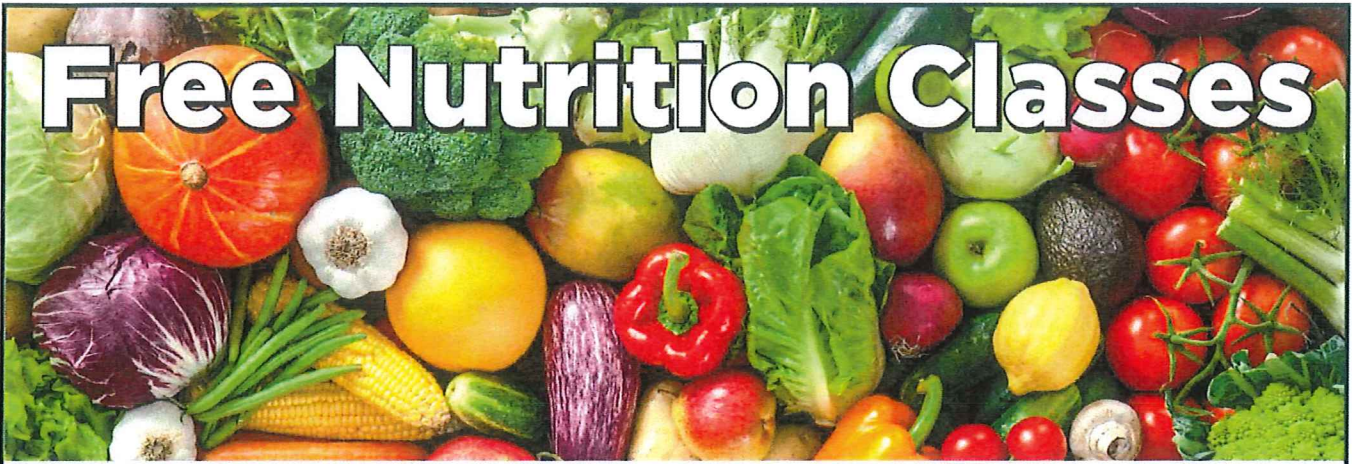


# Free Nutrition Classes



**Free SNAP-Ed nutrition classes for adults and families**

**November 7th, 28th: 1:00-2:00 PM**

**A Caring Center for Women**

**1986 31st Ave. STE 100, Vero Beach, FL 32960**

## Topics Include:

- How to add more fruits and vegetables to your meals
- Eating healthy on a budget
- Important tips on eating out
- Portion sizes
- How to reduce your salt & sugar and so much more!

**For more information or to register for this class, please contact:**

**Amanda Trott**

**813-893-8220**

**[atrott@tcfoodbank.org](mailto:atrott@tcfoodbank.org)**



**FLORIDA**  
**NUTRITION ED**  
A program of Feeding Florida



# StopHunger.org