

PARENTS, COME JOIN US FOR

**FREE**

**Nutrition Classes**

**2018/2019**

**BUY EAT LIVE  
HEALTHY**

in partnership with



Now offering every Thursday morning from 10am to 12pm

**November start: 11/15/18 end: 1/31/19**

**February start: 2/7/19 end: 4/4/19**

**April start: 4/11/19 end: 6/6/19**

**June start: 6/13/19 end: 8/15/19**

**August start: 8/22/19 end: 10/17/19**



**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 to **make easy** and **low-cost meals**

**SIGN UP NOW!**

To register contact:

**Pregnancy Resources**

2706 W Central Park Avenue

Davenport, IA 52804

563-386-3737

For more information contact:

**Suzanne Tanner**

641-740-7391 [stanner@iastate.edu](mailto:stanner@iastate.edu)



Receive a gift at each  
lesson!