

JOIN US FOR

# FREE Nutrition Classes

BUY EAT LIVE  
HEALTHY



## WE CAN HELP:



Save money — shop  
and waste less food



Save time — at the  
store and in the kitchen



Learn to make easy and  
low-cost meals.



Help picky eaters —  
try new foods

## JOIN US:

8 FREE CLASSES of FUN LEARNING



Class in English — no childcare

Tuesdays 5:30-6:30

April 11 - May 30

Hoover Elementary School

## SIGN UP NOW!

To register and for more  
information contact:

**Donna Smith**

319-775-2715

[donnas@iastate.edu](mailto:donnas@iastate.edu)

