



UF/IFAS Extension Family Nutrition Program

FREE Cooking Classes!



If you are eligible for SNAP benefits, join this class to learn how to make a tasty, low-cost and healthy dishes from the UF/IFAS Extension Family Nutrition Program.



Photo credit: Cooking Matters®

What:

Learn about:

- How to cook with hands-on instruction
- Planning meals on a budget
- Nutrition and healthy living

You will receive:

- **Free** sample of the recipe
- **Free** groceries to practice the recipe at home
- **Free** giveaway
- **Free** recipe book
- Certificate of completion

Where:

HealthStreet
2401 SW Archer Road
Gainesville, FL 32608

When:

Classes start October 24, 2017

Time: Tuesdays, 4:30-6:30pm
(1 class per week for 6 weeks)

For more info:

Contact: UF HealthStreet
Phone: (352) 294-4880

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HealthStreet

RESEARCH HELPING PEOPLE



If you require special accommodations, such as interpreter services for the deaf or hard of hearing, please contact Robbie Griffin, UF/IFAS Extension Alachua County, (352) 294-3863, at least 96 hours before the program begins. TTY/TTD/FRS dial 711.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.