

Nutrition Links

Teaching people how to eat better for less!



In Partnership with:

Beaver County and Butler County

* **Online lessons: 20 minutes each with 6-8 short videos featuring topics, tips, recipes, resources.**
* **Participants work with staff to complete entry and exit paperwork, 6 online lesson topics, and a Food Safety lesson by phone or zoom.**
* **Live zoom lessons & check-ins available.**
* **Certificate of Completion awarded for those who finish within 90 days.**

Topics:

* Smart Size Your Portions
* Choosing to Move More
* Making Smart Drink Choices
* Plan: Know What’s for Dinner
* Shop: Get the Best for Less
* Choosing More Fruits & Vegetables
* Fix It Safe

For more information contact:

1-880-778-3535

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**This publication is available in alternative media on request.**

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During this time of coronavirus, we have new tools available to reach our audience.

Who may participate in this program?

Parent or caregivers of a child 19 and under, adults,
older adults who qualify for:

Free or Reduced School Lunch

WIC
SNAP Benefits
Food Pantry Boxes/Bags

Pennsylvania Farmers Market Vouchers