



Join us for Eating Smart • Being Active

Welcome!

Date: Wednesday, August 21, 2024
Time: 9:00 A.M.

Get Moving

Date: Wednesday, August 21, 2024
Time: 9:00 A.M.

Plan, Shop, Save

Date: Wednesday, August 28, 2024
Time: 10:00 A.M.

Fruits and Vegetables Half your plate

Date: Wednesday, September 04, 2024
Time: 9:00 A.M.

Make Half Your Grains Whole

Date: Wednesday, September 11, 2024
Time: 9:00 A.M.

Build Strong Bones

Date: Wednesday, September 18, 2024
Time: 9:00 A.M.

Go Lean with Protein

Date: Wednesday, September 25, 2024
Time: 9:00 A.M.

Make a Change

Date: Wednesday, October 02, 2024
Time: 9:00 A.M.

Celebrate! Eat Smart & Be Active

Date: Wednesday, October 09, 2024
Time: 9:00 A.M.

Make healthy eating and active living part of your family life

In 8 meetings, you will learn to:

- choose healthy foods
- save money on your food budget
- cook low-cost recipes
- keep your family active

This is offered at no cost to you.

This series is led by:

University of California
Nutrition Educator

Location:



**Legacy High School VAPA & STEAM
Parent Center (323) 357-7566
5225 Tweedy Blvd.
South Gate, CA 90280**

Graduate with a Certificate of Completion

#EFNEPWorks



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources