



# Free Nutrition and Cooking Classes: Create Better Health



## Class Topics

1. MyPlate, Knife Skills & Food Safety
2. Nutrition Facts Label & Physical Activity
3. Plan, Shop & Save with a Store Tour
4. Healthy Eating Patterns: Reducing Fat, Sugar, and Salt

Participants receive **FREE** cooking tools, a cookbook, and a \$10 Hannaford gift card!

**Location:** Online via Zoom

**Time:** Wednesdays, 10:00 am – 11:00 am

**Dates:** New classes begin the 1st Wednesday of the month\*\* & run for 4 weeks.

**Who:** Residents in Washington & Hancock Counties:

- Young adults 19–25 years old, **or**
- Adults with children in the household

*\*Pre-registration and attendance to all classes are required.*

**To register:** scan the QR code or visit [extension.umaine.edu/food-health/efnep/register\\_vanessa/](https://extension.umaine.edu/food-health/efnep/register_vanessa/)

**To request a reasonable accommodation, contact:**

Vanessa Young – Washington & Hancock Counties

- Email: [Vanessa.young@maine.edu](mailto:Vanessa.young@maine.edu)
- Office phone: 207.255.3345

**\*\*March, April, May, June, September, October**

