



Join us for Eating Smart • Being Active

Time
9:00am-10:30am

Get Moving
Monday, October 03, 2022

Plan, Shop, Save
Monday, October 10, 2022

Fruits and Vegetables Half your plate
Monday, October 17, 2022

Make Half Your Grains Whole
Monday, October 24, 2022

Go Lean With Protein
Monday, October 31, 2022

Build Strong Bones
Monday, November 07, 2022

Make a Change
Monday, November 14, 2022

Celebrate! Eat Smart & Be Active
Monday, November 21, 2022

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

Try healthy recipes
This is offered at no cost to you.

This series is led by:

Aba Ramirez

University of California
Nutrition Educator

Location:

Los Alisos Middle School

14800 Jersey Ave.
Norwalk, CA 90650

For more information contact: Laura Valenzuela

Graduate with a Certificate of Completion

#EFNEPWorks



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Agriculture and Natural Resources