USDA

Texas A&M AgriLife Extension

Healthy Bites, Healthy Moves

Expanded Food and Nutrition Education Program

Through the series you will explore how to:

- Cook more meals at home
- Eat more fruits and vegetables
- Be more active with your family
- Save money on groceries
- Improve family mealtime
- Have more energy
- Keep food safe
- Create healthy habits

Register Here!



No charge to participate!

Class Location: Daggett Middle School

Day of the Week: Tuesday

Start Date: October 20, 2026

End Date: December 15, 2026

Class Time: 5 - 6pm

Contact Information: Pamela Bennett 817.814.5293

The Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity

For more information visit **efnep.tamu.edu**

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