

THINK HEALTHY
HAS TO BE
HARD?

Not with us on your side.



**FREE ONLINE
YUCK to YUM
PARENT SERIES**

**Please contact our
offices to set up dates
and times for classes.**

FoodWise Nutrition Classes

Make the healthy choice, the easy choice.

Is mealtime a stressful time for your family? Do you have children between the ages of 2 -5? This class is for you. Connect with other parents & learn new ways to navigate mealtime & choose healthy foods for your family.

We are taking our popular Yuck to Yum series & bringing it online! We will hold a series of 3 night classes available via Zoom interactive web platform. Zoom is free & easy to use from your phone or computer. Encouraged for families with children ages 2-5, families with multiple children of all ages are welcome.

*For more information please email our Program Coordinator
Karen Early at karen.early@wisc.edu or call (920) 391-4610*

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Distributed By:

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FoodWise is funded by the USDA
Supplemental Nutrition Assistance Program –
SNAP and the Expanded Food and
Nutrition Education Program – EFNEP .

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