

# Let's Eat for the Health of It!



## FREE Summer Nutrition Education Series Grades 3-5

Saturdays this Summer at 10:30AM

Audubon Regional Library 6108 LA-10, Greensburg, LA 70441

**8 Classes on Unique Topics, 2x a Month:**

**June 7 & 21   July 12 & 26   August 2 & 16   September 6 & 20**

## Let's Learn about Nutrition and Healthy Habits Together in 8 Classes!

Students will:

- Learn about "MyPlate" and the food groups with USDA-approved information
- Try healthy snacks and dishes
- Take home recipes to cook together as a family that won't break the bank

## Register

by contacting Isabel Zebrick

[IZebrick@AgCenter.LSU.edu](mailto:IZebrick@AgCenter.LSU.edu) or with the QR code here



**St. Helena Extension Office**  
**(@StHelenaEO)**

**Interested in Volunteering?**

Email: [IZebrick@AgCenter.LSU.edu](mailto:IZebrick@AgCenter.LSU.edu)

