

# Food Advocacy Program

Would you like to learn more about shopping for and preparing healthier food on a budget?

## JOIN US:

Join us for our virtual, six week webinar series. Through participation in the program you will learn tips, ideas, and skills you can use to help your family purchase and prepare healthier food, even on a limited budget. Follow us on a culinary trip around MyPlate and learn how to make some easy, fun, and budget-friendly recipes with your family! One of the best parts of the class is that we provide the ingredients for you to make the recipe each week! You may pick items up at a designated time or we will deliver to you. All households who complete ALL six classes in the time frame allotted AND complete all required forms, will be put into a raffle for a crockpot! This class is for ALL ages!

## REQUIREMENTS FOR CLASS:

- You must complete an agency application form (unless one is on file), a waiver, a goal sheet, and a survey at the end of the class
- You need to have access to the internet and to a smart device for participation
- You have one week to complete each class at a time that is convenient for you and your family

**Register Today!**

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