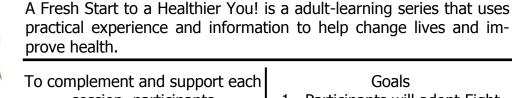




A Fresh Start to a Healthier You!







To complement and support each session, participants will take home:

- ✓ Support of friends
- Confidence to cook healthy meals for their children and family
- ✔ Pocket guide with practical cooking and shopping tips
 - ✓ Incentive item
- ✓ Recipe(s) for success in the kitchen!

Goals

- 1. Participants will adopt Fight BAC! food safety principles.
- 2. Participants will prepare and eat fruits and vegetables more often.
- 3. Participants will improve their ability to cook nutritious meals.
- 4. Participants will reduce the amount of money they spend on groceries.



JASPER COUNTY

103 East Houston Street lasper, Texas 75951

EXTENSION OFFICE

Phone: 409-384-3721 Fax: 409-384-5949 E-mail:

c-vandevender@tamu.edu

Dates

Thursday's December 3, 10, & 17, 2015

Time

1:00 pm to 2:00 pm

Location

Jasper Head Start 105 Collier St, Jasper, TX 75951

Register by

Tuesday, December 1, 2015 by calling 384-3721



