



HEALTHY SNACKS WORKSHOP

Learn how to create tasty and healthy snacks at home!

Join the UF/IFAS Leon County Extension, Family Nutrition Program for a healthy snacks workshop. Participate in hands-on nutrition activities, watch a cooking demonstration, sample easy-to-make healthy snacks, and take home a small prize for participating.

Presented by: Chelsea Marshall-Hirvela, Family Nutrition Program Assistant

"The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers. If you have a disability that requires special accommodations, please contact us at least 96 hours before the program begins."



October 29th, 2015

6:00 PM- 7:00 PM

Woodville Branch
Library

8000 Old
Woodville Rd.
Tallahassee, FL
32305

**UF/IFAS LEON COUNTY
EXTENSION**

615 Paul Russell Rd.
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