

Penn State Extension Nutrition Links

Teaching people how to eat better for less!

Come for a series of FREE lessons with fun activities.

- Learn to eat healthy on a limited budget
- Learn to cook low-cost, fast and easy meals
- Learn to keep food safe to eat
- Sample new healthy foods
- FREE Graduation gift at the end of the six-week session



Dates of Classes: TUESDAYS

APRIL 2nd, 9th, 16th, 23rd
May 7th, 14th, 21st, 28th

TIME:
1 pm – 3 pm

Location of Program:

THE COVE in DuBois

301 S Brady St, DuBois, PA

For more information or to sign up:

RONDA STILES 814-765-7878
x 4

Free items given for
attending classes.



Presented by:
RONDA STILES
Nutrition Education Adviser



Who may attend this FREE class?

Parent or caregivers of a child under 20 years old, adults or older adults who qualify for:

- Free or Reduced School Lunch
- WIC
- SNAP Benefits
- Food Pantry Boxes/Bags
- Pennsylvania Farmers Market Vouchers



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The Pennsylvania State University encourages qualified persons with disabilities to participate in its programs and activities. If you anticipate needing any type of accommodation or have questions about the physical access provided, please contact RONDA STILES 814-765-7878 Ext 4 in advance of your participation or visit.

Nutrition Links

Teaching people how to eat better for less.

- Save money while shopping
- Plan and cook tasty, healthy meals
- Handle and prepare food safely
- Use food resources wisely
- Move more every day



extension.psu.edu/nutrition-links

Toll free: 1-888-778-3535



THE COVE in DuBois

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