



# LEARN TO EAT HEALTHY ON A BUDGET

**NUTRITION LINKS PROGRAM**

**FREE ONLINE OR IN-PERSON CLASSES**

**DATE/LOCATION:**

**PRESENTED BY:**

**IN PARTNERSHIP WITH:**

**LEARN MORE:**

[extension.psu.edu/nutrition-links](https://extension.psu.edu/nutrition-links)

## TOPICS INCLUDE:

- + Delicious recipes
- + Smart shopping
- + Meal planning and preparation
- + Food safety
- + Nutrition

## WHO QUALIFIES FOR THIS PROGRAM?

- + Parent or caregiver of children who qualify for free or reduced school lunch or WIC
- + Adults who qualify for SNAP, food pantry boxes/bags, Pennsylvania farmers market vouchers

**CERTIFICATE OF  
COMPLETION AND  
FREE KITCHEN TOOLS!**



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