



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 plan low-cost, fast and easy meals
- Learn to keep food safe to eat
- Sample new healthy foods
- Free tote bag, cookbook, cutting board, measuring cups and spoons
- Food. Fun. Fitness.

Dates: Tuesdays
February 27th
March 6th
March 13th
March 20th
March 27th

Time: 1:30pm-3pm

Place: CVIM
300B Lawrence Drive
West Chester, PA 19380

Presented by Nutrition Education Adviser:
Cindy Seigafuse

In Partnership with:
Community Volunteers In Medicine

For more information contact:
Rachel Frost email: rfrost@cvim.org or
610-836-5990

Who may attend this *FREE* class?
Parent or caregivers of a child 19 and under, adults,
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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in advance of your participation or visit.

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