



COLLEGE OF AGRICULTURE
AND LIFE SCIENCES
COOPERATIVE EXTENSION



NUTRITION CLASSES

By the University of Arizona, Maricopa County Cooperative Extension.

The series of 6 lessons will cover:



MyPlate
Key Nutrients
Food Safety
Stretching the Food Dollar
Calories and Fats
Osteoporosis Prevention



Fridays, September 15th – October 20th
11:30 am - 12:30 pm

Buckeye Family Resource Center
210 S. 6th Street, Bldg. 700
Buckeye, AZ 85326

623-925-3911

*Healthier individuals make healthier families, and healthier families
make healthier communities!!!*

Bring a healthy snack to share at every class!