



**WED., SEPT 25<sup>TH</sup>, LIMBO LOWER NOW  
FRI., SEPT 27<sup>TH</sup>, WHOLE GRAIN TWIST  
12PM-1PM**

## **FREE NUTRITION WORKSHOPS**

**REGISTER AT:  
[SNAP-Ed.Referrals@State.ma.us](mailto:SNAP-Ed.Referrals@State.ma.us)**

(NAME, ADDRESS, PHONE PLEASE)

Join us for a nutrition workshops on tasty fruits and vegetables! You will try tasty recipes, learn to eat better on a budget, and get tips on how to keep you and your family healthy.



This material was provided by the UMass Extension Nutrition Education Program with funding from USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Massachusetts Department of Transitional Assistance at 1-866-950-3663. This institution is an equal opportunity provider and employer.

**Nutrition  
Workshops**

**Sample Tasty  
Recipes!**

**Learn To Eat  
Better On a  
Budget**

**Tips To Keep You  
and Your Family  
Healthy**

Workshop held at the  
Community Health Center

107 Commercial Street,  
Mashpee

Please do not call CHC of  
Cape Cod.

Email us for more  
information!