

Healthy Shopping 101

FREE!



WHEN:

Wednesdays, Aug 10th - 31st
10am-1pm (10-15 min sessions)

WHERE:

Hayden Food Plus: 1730 Hayden Avenue, Cleveland, OH 44112

FOR MORE INFORMATION:

Call 216.368.1617

Learn how to make easy, healthy and affordable choices while shopping at your local grocery and convenience store with Ohio State University Extension.

- Discover easy tips to purchase and prepare heart healthy foods.
- Identify healthier options by reading nutrition labels and choosing the best fresh foods.
- Enjoy free food samples and take home recipes.
- Bring your questions about healthy eating to our educator!

*All participants receive free goodie bags and information to take home!! Those who attend all 4 classes will take home a **special gift!**



Free health screenings provided by Stephanie Tubbs Jones on **Aug 10th & 24th.**