

Nutrition Classes

Hosted by

Para Los Niños Child and Family Resource Center



All enrolled participants will receive a bonus gift at each class. Enrolled participants completing all 8-weeks successfully will receive a \$20 food voucher.

Come join us and learn the basics of

- ♦Eating Healthy
- ♦Being Physically Active
- ♦Meal Planning
- ♦Shopping Wisely
- ♦Handling and storing food safely

at the

Para Los Niños Child and Family Resource Center
531 North Euclid Avenue
Ontario, CA 91762



English Classes will be hosted weekly for 8-weeks:

When: Friday, January 14th to March 4th, 2011
Time 9:30 a.m. to 11:00 a.m.

Spanish Classes will be hosted weekly for 8-weeks:

When: Friday, January 14th to March 4th, 2011
Time 12:30 p.m. to 2:00 p.m.



Presented by: University of California Cooperative Extension
Expanded Food & Nutrition Education Program



For more information and class registration contact
Para Los Niños Child and Family Resource Center at 909.230.6400.