



University of Nevada, Reno  
Statewide • Worldwide

# EATING SMART BEING ACTIVE

Brought to you by the  
USDA's Supplemental Nutrition Assistance Program



- *Learn How to Save Money*
- *Eat Healthy on a Limited Budget*
- *Put More Fruits, Veggies & Whole Grains into your Diet*
- *Learn How to Limit the Amount of Fat, Sugar & Salt in your Diet*
- *Plan, Shop, Save*

For more information or to sign up  
for this **Free program**  
please contact the University of Nevada  
Cooperative Extension at (775)726-3109 or 962-1087

To be held at the Caliente Senior Citizen Center  
240 Front Street, Caliente, Nevada

Limited seating...

Don't miss your chance, call now!

**Classes starting on Wednesday, February 7<sup>th</sup> 2018**

*Free Give-A-Ways to All Participants*

This program is being funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

USDA is an equal opportunity provider and employer. University of Nevada, Reno is an Equal Employment Opportunity/Affirmative Action employer  
**Persons in need of special accommodations or assistance must call or notify (775) 962-1087 at least three days prior to the scheduled event.**