

FOR IMMEDIATE RELEASE

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FREE ON-LINE NUTRITION AND COOKING CLASSES OPEN FOR REGISTRATION

Lewis and Clark County and the Montana State University Extension Nutrition Education Program is offering a series of interactive classes focused on basic nutrition, food preparation, and physical activity on a budget.

Classes are part of the SNAP-Ed Program (Supplemental Nutrition Assistance Program – Education) and are designed for families and persons living on a limited income.

Participants will not only gain valuable skills in providing healthy, balanced meals to their families, they will also receive recipes, fact sheets, and a free kitchen item at each class!

Two types of classes are being offered in November. **CREATES** is a single, one-hour introduction to nutrition and physical activity. **EATING SMART, BEING ACTIVE** is a series of 9 classes over 9 weeks covering easy meal planning according to MyPlate, ideas for stretching food dollars, tips for increasing physical activity, and tasty ways to eat healthy.

Class schedule for November:

Mondays, November 2nd through Dec 28th 9:30am-11:00am - Eating Smart, Being Active 9-Week Series

Thursday, Nov 5th at 10:30am – CREATE An Omelet

Tuesday, Nov 10th at 3:00pm – CREATE Amazing Veggies

Thursday, Nov 12th at 12:00pm – CREATE Amazing Veggies

Wednesday, Nov 18th at 2:30pm – CREATE A Skillet Meal

Thursday, Nov 19th at 5:00pm – CREATE A Skillet Meal

Tuesday, Nov 24th at 11:00am – CREATE An Omelet

Participants will need an email account and internet access. Registration is required one day before the class. After registering, a welcome email including more information about the class will be sent prior to the class start time.

If you have questions or would like sign up for a class, ~~P~~please contact Ginny Hurt, (406) 447-8042, virginia.hurt@montana.edu at the Lewis and Clark County Extension Office. ~~to register for the class, or if you have questions.~~

To sign up online, go to <https://buyeatlivebetter.org/classes.html?r=Lewis%20and%20Clark>. You can also check out recipes and health tips on the Buy Eat Live Better Facebook and Pinterest pages.

Montana State University Extension encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodations or have questions about the physical access provided, please contact your local Extension office or the Nutrition Education Program at 406-994-6022 in advance of your participation or visit.

This institution is an equal opportunity employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. 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. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.