

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 October. **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 October:

Wednesdays, Oct 7th through Dec 2nd 10:00am-11:30am - Eating Smart, Being Active 9-Week Series

Monday, Oct 5th at 2:00pm – CREATE A Skillet Meal

Friday, Oct 9th at 4:00pm – CREATE An Omelet

Wednesday, Oct 14th at 9:00am – CREATE Amazing Veggies

Thursday, Oct 15th at 1:00pm – CREATE Amazing Veggies

Tuesday, Oct 20th at 2:30pm – CREATE A Skillet Meal

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.