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funding from the

**Kansas Department for  
Children and Families**

## **K-STATE RESEARCH AND EXTENSION** ***Kansas SNAP-Ed***



## **Join us to learn how to:**

Enjoy more fruits and vegetables



Choose and prepare nutritious  
meals and snacks



Develop budgeting, shopping  
and cooking skills



Use safe food handling, preparation  
and storage practices



Be more physically active

# All classes are FREE.

We are proud to serve those who receive food assistance or who are food assistance eligible.

SNAP-Ed provides interactive nutrition and physical activity education for youth, adults, families and seniors in our community.



To learn more or find a class near you:

Call 1-785-532-2898

OR

Check our Kansas SNAP-Ed calendar events. [k-state.edu/snap-ed](http://k-state.edu/snap-ed)



Visit our Kansas SNAP-Ed website: [hhs.k-state.edu/ks-snaped/](http://hhs.k-state.edu/ks-snaped/)

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