



2013 FOOD & NUTRITION CLASS SCHEDULE

NOTE: Class times differ according to location!

TOPIC #1 – MyPlate & Portion Control – June & September ONLY

1:00 – 1:45 p.m.	Thursday, June 13	Job & Family Services
1:00 – 1:45 p.m.	Thursday, September 12	177 Main Street in Painesville
2:00 – 2:45 p.m.	Friday, June 28	Mentor Beach Park
2:00 – 2:45 p.m.	Friday, September 6	7779 Lake Shore Boulevard in MOL
2:30 – 3:15 p.m.	Friday, June 14 *Registration required	Mentor Senior Center
2:30 – 3:15 p.m.	Friday, September 13 *Registration required	8484 Munson Road in Mentor

TOPIC #2 – What's in My Food? How to Read Food Labels – July & October ONLY

1:00 – 1:45 p.m.	Thursday, July 11	Job & Family Services
1:00 – 1:45 p.m.	Thursday, October 10	177 Main Street in Painesville
2:00 – 2:45 p.m.	Friday, July 26	Mentor Beach Park
		7779 Lake Shore Boulevard in MOL
2:30 – 3:15 p.m.	Friday, July 12 *Registration required	Mentor Senior Center
		8484 Munson Road in Mentor

TOPIC #3 – Add Color to Your Plate: Fruits & Vegetables – August ONLY

1:00 – 1:45 p.m.	Thursday, August 8	Job & Family Services
		177 Main Street in Painesville
2:00 – 2:45 p.m.	Friday, August 30	Mentor Beach Park
		7779 Lake Shore Boulevard in MOL
2:30 – 3:15 p.m.	Friday, August 9 *Registration required	Mentor Senior Center
		8484 Munson Road in Mentor

*Call 440-974-5725 to register.

IMPORTANT PARTICIPANT INFORMATION

- (1) Each participant 18 years or older will receive \$10 in Farmer's Market vouchers per class topic. A participant may attend each topic one time and is eligible for a full \$30, if they attend all three topics.
- (2) These classes are walk-in; unless otherwise noted.
- (3) Farmer's Market vouchers are redeemable at the following locations:
 - ✓ Painesville Farmers Market – located at Veteran's Park in Painesville. Open Thursdays from 2 p.m. – 6 p.m., May 16 – Oct. 24
 - ✓ Mentor Farmers Market – located at the Civic Center in Mentor. Open Fridays from 3 p.m. – 7 p.m., May 31 – Sept. 6
 - ✓ Secor's Nursery – located at 4940 N. Ridge Rd. in Madison; open 7 days a week from 8 a.m. – 5 p.m.
 - ✓ Rainbow Farms – located at 2464 Townline Rd. in Madison; open Monday – Saturday from 10 a.m. – 6 p.m.
 - ✓ Wayman Farms – located at 2326 Bennett Rd. in Madison; open Monday – Friday from 9 a.m. – 6:30 p.m. and Saturday from 9 a.m. – 6 p.m.; NOT OPEN FOR BUSINESS UNTIL JULY 1.
- (4) Farmer's Market vouchers may **NOT** be used to purchase baked goods, such as pies or non-edible items/plants.
 - ✓ **ALL VOUCHERS EXPIRE ON OCTOBER 24, 2013**

Questions? Call (440) 350-2971