



2014 Food & Nutrition Program (FNP) Class Schedule

Note: Class times differ according to location!

Join the LCGHD's Registered Dietitian and OSU Extension's Family and Nutrition Program Assistant in learning more in-depth about nutrition!

The Food & Nutrition Program offers individuals a chance to learn about portion control, adding fruits & vegetables to their plate, and most importantly, how to read a food label. Participants that complete each class will receive \$10 in farmers' market vouchers per class that can be used at the Mentor Farmers Market or the Painesville Farmer's Market. Participants can complete each class topic only once. For each class completed, they will get a \$10 voucher, for up to \$30 in vouchers if they complete all 3 classes. Participants must be 18 years+. Classes are walk-in, unless otherwise noted.

Job & Family Services 177 Main St. Painesville, OH 44077
 Mentor Senior Center 8484 Munson Rd. Mentor, OH 44060
 Mentor Beach Park 7779 Lakeshore Blvd. Mentor-on-the-Lake, OH 44060

Topic #1: MyPlate & Portion Control – June & September Only

Thursday, June 12 th	1:00 – 1:45 pm	Job & Family Services	Topic #1
*Friday, June 13 th	2:30 – 3:15 pm	Mentor Senior Center	Topic #1
Friday, June 27 th	2:00 – 2:45 pm	Mentor Beach Park	Topic #1
Friday, Sept. 5 th	2:00 – 2:45 pm	Mentor Beach Park	Topic #1
Thursday, Sept. 11 th	1:00 – 1:45 pm	Job & Family Services	Topic #1
*Friday, Sept. 12 th	2:30 – 3:15 pm	Mentor Senior Center	Topic #1

Topic #2: What's in My Food? How to Read a Food Label – July & October Only

Thursday, July 10 th	1:00 – 1:45 pm	Job & Family Services	Topic #2
*Friday, July 11 th	2:30 – 3:15 pm	Mentor Senior Center	Topic #2
Friday, July 25 th	2:00 – 2:45 pm	Mentor Beach Park	Topic #2
Thursday, Oct. 9 th	1:00 – 1:45 pm	Job & Family Services	Topic #2

Topic #3: Add Color to Your Plate: Fruits & Vegetables – August Only

Thursday, Aug. 7 th	1:00 – 1:45 pm	Job & Family Services	Topic #3
*Friday, Aug. 8 th	2:30 – 3:15 pm	Mentor Senior Center	Topic #3
Friday, Aug. 29 th	2:00 – 2:45 pm	Mentor Beach Park	Topic #3

The farmers' market vouchers can be used at the below markets:

Mentor Farmers Market Every Friday 8500 Civic Center Blvd. May 30 th – Sept. 19 th (no market July 4 th & August 22 nd) 3 pm – 7 pm	Painesville Farmer's Market Every Thursday Veteran's Park Downtown Painesville May 15 th – Oct. 23 rd 2 pm – 6 pm
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***Call (440) 974-5725 to register.**

Questions? Call (440) 350-2971