

FOOD & NUTRITION CLASS SCHEDULE - 2012

All classes start promptly at 1 p.m. and are 45 minutes each.

TOPIC #1 - My Pyramid & Portion Control – June & September **ONLY**

Thursday, June 7	Job & Family Services
Thursday, September 6	177 Main Street in Painesville
Thursday, June 21	Lake County General Health District
Thursday, September 20	33 Mill Street in Painesville
Friday, June 29	Lake County Y – East End
Friday, September 28	730 North Lake Street in Madison

TOPIC #2 - Fruits & Vegetables: Add Color to Your Plate – July & October **ONLY**

Thursday, July 5	Job & Family Services
Thursday, October 4	177 Main Street in Painesville
Thursday, July 19	Lake County General Health District
Thursday, October 18	33 Mill Street in Painesville
Friday, July 27	Lake County Y – East End
Friday, October 12	730 North Lake Street in Madison

TOPIC #3 - What's in My Food? How to Read Food Labels – August **ONLY**

Thursday, August 2	Job & Family Services
	177 Main Street in Painesville
Thursday, August 16	Lake County General Health District
	33 Mill Street in Painesville
Friday, August 31	Lake County Y – East End
	730 North Lake Street in Madison

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 only; you do not need to register.
- (3) Childcare is NOT provided at Job & Family Services or Lake County General Health District locations. Parents are permitted to bring their children, however, will be expected to keep their children from disrupting the class. Childcare will be offered at Lake County Y- East End location only.
- (4) Farmer's Market vouchers are redeemable at the following locations:
 - ✓ Main Street Market – located in Painesville and open every Thursday from 2 p.m. to 6 p.m.
 - ✓ Secor's Nursery – located at 4940 N. Ridge Rd. in Madison; open 7 days a week from 8 a.m. to 5 p.m.
 - ✓ Rainbow Farms – located at 2464 Townline Rd. in Madison; open Monday - Saturday from 10 a.m. to 6 p.m.
 - ✓ Wayman Farms – located at 2325 Bennett Rd. in Madison; open Monday - Friday from 9 a.m. to 6:30 p.m. and Saturday from 9 a.m. to 6 p.m.; NOT OPEN FOR BUSINESS UNTIL JULY 1.
- (5) 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 25, 2012.**

***For questions, please call 440.350.2442 and reference the ACHIEVE Wellness Food & Nutrition Program when calling.**