



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