



Action Communities in Health, Innovation, and EnVironmental Change

Attend these FREE nutrition classes and receive a \$5.00 Farmer's Market voucher for each topic you attend.

Participants can attend each topic only one time. There are three topics total and a participant can get up to \$15.00 to use at the Painesville Farmer's Market. Vouchers are good for fresh produce only and expire on October 21, 2010. See the class schedule below!

<u>Date/Time</u>	<u>Location</u>	<u>Nutrition Topic</u>
Monday, June 28 at 1:30 PM	Job & Family Services 177 Main Street in Painesville	My Pyramid and Portion Control
Wednesday, July 14 at 1:30 PM	Lake County General Health District 33 Mill Street in Painesville	Fun Fruits & Vegetables: Add Color to Your Plate
Monday, July 26 at 1:30 PM	Job & Family Services 177 Main Street in Painesville	What's in My Food? How to Read Food Labels
Wednesday, August 11 at 1:30 PM	Lake County General Health District 33 Mill Street in Painesville	My Pyramid and Portion Control
Monday, August 30 at 1:30 PM	Job & Family Services 177 Main Street in Painesville	Fun Fruits & Vegetables: Add Color to Your Plate
Wednesday, September 8 at 1:30 PM	Lake County General Health District 33 Mill Street in Painesville	What's in My Food? How to Read Food Labels
Monday, September 27 at 1:30 PM	Job & Family Services 177 Main Street in Painesville	My Pyramid and Portion Control
Wednesday, October 13 at 1:30 PM	Lake County General Health District 33 Mill Street in Painesville	Fun Fruits & Vegetables Add Color to Your Plate

**** Anyone is welcome to attend. No need to register for these classes – just walk in! ****

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

ACHIEVE Lake County Website
www.lakecountyohio.gov/achieve

OSU Extension, Lake County Website
<http://lake.osu.edu>