

Eating Smart AND Moving More

K-STATE
Research and Extension

Geary County SNAP-Ed wants to help you answer questions about how to
Eat Smart On the Run!

Our program will teach you new skills for healthy eating you can use at home every day.

Through the ***Eating Smart on the Run*** classes you will explore ways that you and your family can:

- Prepare and eat more meals at home
- Eat more fruits and vegetables
- Increase physical activity

There is **no cost** to participate so come join the fun!

To register for classes contact:

Geary County Health Dept. WIC
1212 West Ash Street
Junction City, KS
785-762-5788



Class Schedule

● Making Smart Breakfast Choices

September 7 10:00 A.M.

● Making Smart Lunch Choices

October 12 4:00 P.M.

● Making Smart Choices When Eating Out

November 2 10:00 A.M.

● Making Smart Choices When Eating Fast Food

December 7 4:00 P.M.

Provided by K-State Research and Extension - Geary County
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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.