

Class series offered through Better Living for Texans

A Fresh Start to a Healthier You! -

This series will integrate the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety, and food resource management.

This series consists of four lessons.

Lesson 1: Creating Safe and Healthier Meals

Lesson 2: Balancing Your Day

Lesson 3: Saving More at the Grocery Store

Lesson 4: Celebrating Small Bites

Each class is one hour and thirty minutes long with an incentive gift given in each lesson to every participant.

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