



Join us online
Tuesdays from 1:30–2:30 p.m.

Small Shifts to Healthy Eating for Less

Sign-up for reminders: go.osu.edu/ohsnapedreminders

Online classes: Tuesdays, 1:30 p.m., at go.osu.edu/ohsnapedonline

For more information: Email OhioSNAP-Ed@osu.edu

SNAP-Ed is a federally funded program to teach adults on the following topics:

- MyPlate (Healthy Food Choices)
- Portion Size
- Stretching Food Dollars
- Food Shopping
- Food Safety
- Physical Activity



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.



THE OHIO STATE UNIVERSITY
EXTENSION

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Family and Consumer Sciences

College of Food, Agricultural, and Environmental Sciences

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