



Marjorie S. Fisher  
**Nutrition Driven**

## FREE NUTRITION CLASSES

A PROGRAM OF



Nutrition Driven is a mobile food pantry that shares core nutritional values, food safety and preparation, simple recipes and smart shopping tips.

**Classes are FRIDAYS**

**11:30 AM–12:30 PM**

### Lessons:

- 1 - Get Moving : **February 2**
- 2 - Plan, Shop, Save: **February 9**
- 3 - Fruits & Veggies: **February 16**
- 4 - Whole grains: **February 23**
- 5 - Go Lean Protein: **March 2**
- 6 - Build Strong Bones: **March 9**
- 7 - Make a Change (Fat/Sugar/Salt): **March 16**
- No Class March 23**
- 8 - Celebrate!: **March 30**

### FRESH FOOD AT EACH LESSON!

COMPLETE THE PROGRAM AND RECEIVE A UF CERTIFICATE

Bridges Belle Glade  
33 West Avenue A  
Belle Glade, FL 33430



**UF** | IFAS Extension  
UNIVERSITY of FLORIDA



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