

MAINE



SNAP-Ed

Healthy Eating on a Budget



10 Tips part 2: Choose MyPlate

This FREE, virtual four class series will give you the tools you need to implement small and manageable changes towards a healthier lifestyle. Once you register for the class, you will receive:



- Zoom link for class
- Helpful handouts
- Recipes to try

Tuesday, May 4th at 2:00 PM

Tuesday, May 11th at 2:00 PM

Tuesday, May 18th at 2:00 PM

Tuesday, May 25th at 2:00 PM

To register, click [here](#) or contact Darren French at the Brewer Public Library to sign up – (207-989-7943 or public-library@brewermaine.gov)

**Please note: You will need an internet-connected device to take the class and an email to receive the Zoom link.*

This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low-income families on low cost, healthy eating and active lifestyles. Contact mainesnaped@une.edu or 207-221-4560 for more information.



UNE
UNIVERSITY OF
NEW ENGLAND