

Sizzling Summer Series

Join us online for a variety of nutrition lessons to help you eat healthy, save money and be active!

Presentations are offered at 11 AM and 2 PM, every Wednesday, starting July 15th.

July 15 - Start Simple with MyPlate!

July 22 - Hydration Motivation: Re-think your drink!

July 29 - Summer Celebrations!

August 5 - Taste the Rainbow!

August 12 - Healthy Snacking on the Go!

August 19 - Spend Less, Eat Healthy!

Register at: events.anr.msu.edu/npavirtual

#SNAPedWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP.
Delivered by MSU Extension.