

Sign up for online healthy family nutrition courses

July 7, 2020



Champions for Change Crescent City, CalFresh Healthy Living and Leah's Pantry present Kids Food Smarts, a free, six-week selection of virtual classes on family nutrition.

The nutrition education workshops, from 6-7 p.m. July 15 to Aug. 19 are:

July 15: Setting the Stage for Healthy Choices

July 22: What's is on a Healthy Plate?

July 29: Learning About Whole Foods

Aug. 5: Understanding Labels and Ingredients

Aug. 12: Best Practices for Healthy Living

Aug. 19: Smart Strategies for Shopping and Cooking

To participate, register online at www.leahspantry.org by July 13. The Zoom link will be sent to you via email. They will deliver the incentives (Food Smart workbook, t-shirts, a cookbook and recipe cards) to the first 20 families who register by mail. Other resources will be mailed out upon completion of the course.

For more information, contact Sunny at (707) 464-3191, ext. 2830 or sbaker@co.del-norte.ca.us. Also learn more on Champions for Change Facebook page or at <https://delnortecalfresh.org>.

