



# NUTRITION AND YOU

## *A PROGRAM FOR THE WHOLE FAMILY*

Tuesdays, February 4th-April 1st

School aged youth are invited to join us in preparing a weekly recipe from Spend Smart Eat Smart to share with their adult participants. During this time, youth will learn kitchen safety skills, explore the five food groups using MyPlate, and engage in fun physical activities to promote overall health.

Adults will participate in the BUY. EAT. LIVE. HEALTHY program in a separate group where they will learn to:

- save money at the grocery store
- save time-at the store and in the kitchen
- learn how to make easy low-cost meals
- help pick eaters-try new food

At the end of each session, youth and adults will come together to taste test the recipe that was created by the youth, providing a shared, interactive tasting experience.

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to [www.extension.iastate.edu/legal](http://www.extension.iastate.edu/legal).

### **WHEN:**

Tuesdays  
February 4th-April 1st  
6:00-7:00 PM

### **WHERE:**

ISU Extension 4-H Bldg  
1259 Stange Rd  
Ames, IA 50011

### **REGISTER:**

515-337-1601  
[xstory@iastate.edu](mailto:xstory@iastate.edu)

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