



# Presents... Eating Right Is Basic

MICHIGAN STATE UNIVERSITY | Extension



## YOU WILL LEARN:

- Stretch Your Food Dollars
- Improve Shopping Skills
- Stay Healthy
- Avoid Doctor Bills
- Eating Better
- Manage Your Weight
- Eliminate Food Label Frustration
- Shopping on a Budget
- Eating Right & Light
- Menu Planning
- Keeping Food Safe
- Healthy Snacks
- Quick & Easy Meals
- Stay Within Your Means



**Date:** March 12, 19, and 26th, 2014

**Where:** Foxfire Apartments, Main Office

**Time:** 10AM to 12:00 Noon, 3 weeks. Registration Required  
Upon Completion, Participants receive certificate & cookbook

**Call (517) 768-2837 to reserve your space**

