

Sign up

HERE

www.k-state.edu/ks-snaped/free-classes.html

**FOR MORE INFORMATION,
CALL: 1-855-476-2733**

SNAP-Ed
can help you with:

- Healthy, tasty recipes
- Ideas on how to move more
- Tips to save money at the grocery store

K-STATE
Research and Extension



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Kansas
Department for Children
and Families



SCAN ME



Get started with

SNAP-Ed

SNAP-Ed provides free virtual and in-person interactive nutrition and physical activity education for youth, adults, families and seniors.

"I was never much of a cook, so we ate lots of pre-packaged and fast foods. SNAP-Ed classes taught me cooking basics, how to follow a recipe and be food safe. I have MORE confidence in using these new skills to feed my family."



UPCOMING SNAP-Ed FREE VIRTUAL CLASSES

- **October/November 2024 Session**

Wednesdays - 12 - 1 pm
October 16, 23, 30
November 6, 13, 20

- **January/February 2025 Session**

Wednesdays - 11 am - 12 pm
January 15, 22, 29
February 5, 12, 19

- **April/May 2025 Session**

Wednesdays 12 - 1 pm
April 16, 23, 30
May 7, 14, 21

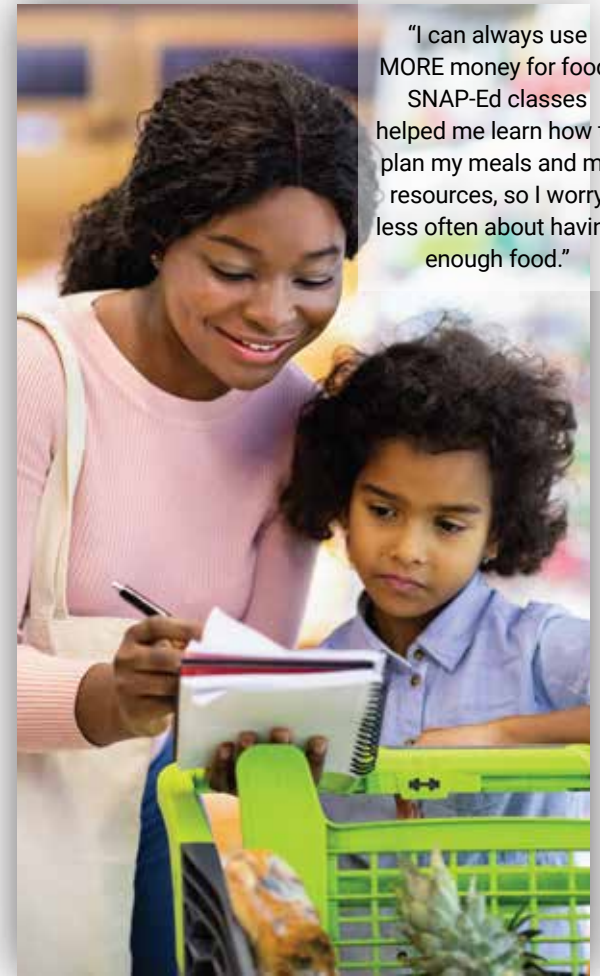
- **August/September 2025 Session**

Wednesdays 11 am - 12 pm
August 13, 20, 27
September 3, 10, 17



"SNAP-Ed classes helped us learn how to make healthier food choices and plan simple ways to be MORE active, so we spend less on our healthcare costs."

"I can always use MORE money for food. SNAP-Ed classes helped me learn how to plan my meals and my resources, so I worry less often about having enough food."



Our **FREE** classes fit **YOUR** needs and schedule. We offer virtual, in-person groups or one-on-one.
Are you ready for **MORE** for your family?