

Sign up

**HERE**

[www.k-state.edu/ks-snaped/free-classes.html](http://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



This institution is an equal opportunity provider.



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

- **November/December 2023 Session**

Wednesdays - 12-1 pm  
November 1, 8, 15, 22, 29  
December 6

- **January/February 2024 Session**

Wednesdays - 4-5 pm  
January 24, 31  
February 7, 14, 21, 28

- **March/April 2024 Session**

Wednesday's 4-5 pm  
March 20, 27  
April 3, 10, 17, 24

- **May/June 2024 Session**

Wednesday's 12-1 pm  
May 15, 22, 29  
June 5, 12, and 26th

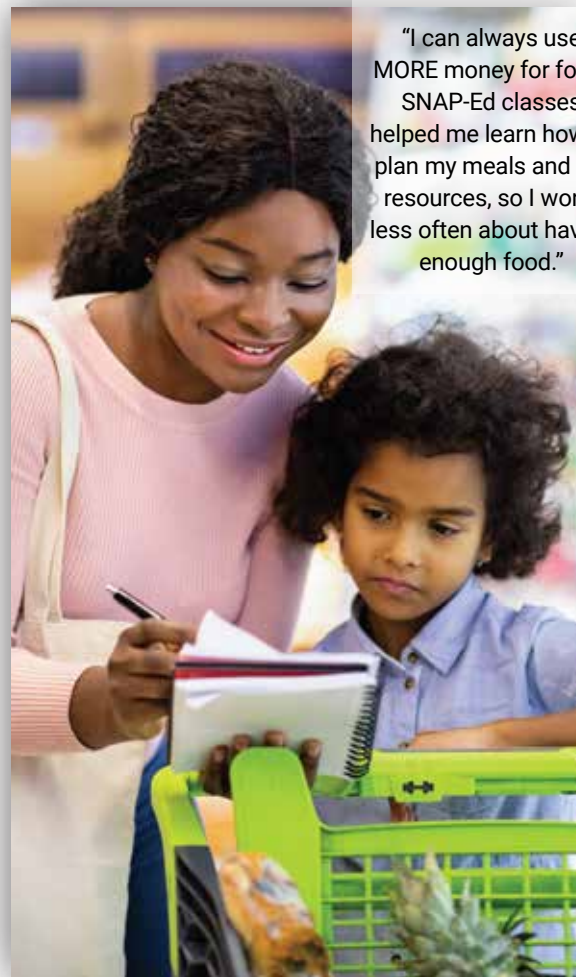
- **July/August 2024 Session**

Wednesday's 4-5 pm  
July 10, 17, 24, 31  
August 7, 14



"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?