



CREATE BETTER HEALTH

SNAP-Ed Nutrition and Cooking Class

This **FREE** program is held on the following Tuesday's from **5:30 - 6:30pm** at the **Girard Public Library** located at 128 West Prairie Street, Girard.

- January 2
- January 9
- January 16
- January 23
- January 30
- February 6

Contact Agent Katherine Pinto by calling the Pittsburg Office at 620-232-1930 with questions. **No registration required.**

Open to individuals who qualify for WIC, free and reduced lunch program, SNAP EBT, FDPIR, Head Start, Medicaid/Kancare, TANF, TEFAP, etc. or fall below 185% of the poverty level. Participants who attend and complete all 6 classes in this CREATE BETTER HEALTH series will be eligible to receive *kitchen equipment of their choice up to a \$30 value until funds are gone. The \$30 incentive is paid through our partnership with United Health Care and Aetna. Equipment they may choose from includes an electric skillet, slow cooker, small kitchen equipment, electric can opener, blender, pan(s), and other approved items up to a \$30 value.



K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting Katherine Pinto two weeks prior to the start of the event at (620) 232-1930 and kdpinto@ksu.edu. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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