

Nutrition Education Classes

At

The Arma City Library

(508 E Washington St.)

Tentative Schedule as of 1/15/20

February 19, 2020 at 6:30 p.m.

- Shopping healthy on a budget
- Stocking a pantry
- Buying spices and seasoning to reduce salt

March 25, 2020 at 6:30 p.m.

- Methods of food preservation (canning, freezing, etc.)

April 15, 2020 at 6:30 p.m.

- Cooking for 1 person
- How to prepare garden produce



K-STATE
Research and Extension

Wildcat District

Contact the library or Tyler Johnson (tajohnson120@ksu.edu) for further information

A partnership between K-State Research and Extension Wildcat District and the Arma City Library.
Support provided by the Arma Nutrition Council and Live Well Crawford County.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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