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

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.