

MAINE



SNAP-Ed

Healthy Eating on a Budget

Free Class!

Healthy Eating on a Budget

Sponsored by Bowdoinham Food Pantry and
Bowdoinham Advisory Committee on Aging



When: Wednesdays, 1-2pm
Jan 27, Feb 3, Feb 10, Feb 17
***Snow Date: February 24**

Where: Bowdoinham Fire Station

We will make (and eat!) a delicious, low-cost recipe at each class and share tips for eating healthy on a budget.

**To sign up, contact Patricia Oh,
Coordinator of Older Adult Services at
poh@bowdoinham.com or 666-5531, ext. 110**



USDA is an equal opportunity provider and employer. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented through a contract with the University of New England (UNE). Utilizing the Healthy Maine Partnership agencies statewide as access points for SNAP-Ed delivery, we strive to educate Maine SNAP recipients on low cost, healthy eating and active lifestyles.
FMI 207-221-4560 or mainesnap-ed@une.edu



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