

Healthy Bites Healthy Moves

Through this series, you will explore how to:

- Set SMART goals for health
- Decode the Nutrition Facts label
- Budget and meal plan effectively
- Prepare quick, tasty, and nutritious meals at home
- Keep food safe
- Use nutrition resources to level up your health

All 5 sessions include recipe demonstrations and tastings using food from the Cowboy Pantry!

Class location: Southwest Texas College - Hubbard Hall Dorm Kitchen

Class dates: February 11th, 13th, 25th, 27th & March 6th from 12-1PM

To learn more please contact Molly Flores: 830-278-6661

