

Hope Resource Center Food for Health



Fall 2024

NOVEMBER 7, 14, 21 & DECEMBER 5

5-6PM

AT HOPE RESOURCE CENTER

717 Lincoln Ave, Bedford

**Join us for a free 4 week nutrition class and meal kit.
Learn nutrition basics, how to prepare simple dishes, and sample easy
homemade recipes.**

**Participants will receive a free, weekly meal kit that will feed 4 to recreate
simple, healthy meals for your family at home.**

Register at:

**<https://forms.gle/fF7EPQVzAxySsnNg8>, scan to register,
call (812) 275-4623, or email, aeakin@purdue.edu**



Funding for this program is provided by the Lawrence County Health Department and a collaboration with Hope Resource Center and Purdue Extension Nutrition Education Program.



Extension - Lawrence County

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