

Healthy Families, Healthy Communities

EAT WELL, SAVE WELL, LIVE WELL

Free Online Nutrition Courses with eXtension

Making Healthy Choices by Eating Smart and Moving More
Certificate available upon completion of online lessons



Contact Jenny Biggs at UT Extension - Sumner County
to register for these *free* classes!

Email: jbiggs2@utk.edu



Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES
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The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services Office or call 1-866-311-4287 (toll-free). This project is funded under an agreement with the State of Tennessee. In cooperation with Tennessee State University Cooperative Extension. The USDA is an equal opportunity provider and employer. Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.