



## SNAP-ED is Coming in March!

### Supplemental Nutrition Assistance Program Education

- The Center for Independent Living Options, Inc. (CILO) invites Kentucky SNAP recipients and people with limited resources to participate in this free nutrition program.
- Our guest speaker, Angela Baldauff, is a Nutrition Education Program Assistant with the University of Kentucky and will conduct food demonstrations during class.
- Participants will receive FREE kitchen items to help with preparing healthy foods such as cutting boards, paring knives, measuring cups and spoons, and colanders. Plus, participants can sample food from the cooking demonstrations!



**Where:** Kenton County Public Library (Covington Branch) located at 502 Scott Boulevard in Covington, Kentucky 41011

(TANK Bus serves the Covington Library and Free Parking offered to drivers)

**When:** Classes are on Tuesdays from 10:00am to 11:30am on the following dates:

March 5<sup>th</sup>, March 12<sup>th</sup>, March 19<sup>th</sup>, March 26<sup>th</sup>, April 2<sup>nd</sup>, April 9<sup>th</sup>, April 16<sup>th</sup>

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