



NUTRITION EDUCATION PROGRAM

Hello, my name is Margie Hernandez, I work as the Nutrition Education Program (NEP) Assistant at the Russell County Extension Office.

We have meetings at various times and locations or at your home where I am available to teach a variety of lessons on:

- Food guide pyramid
- Meal Planning
- Food preparation including recipes
- Food Safety
- Stretching your food dollars
- Making healthy food choices on a limited budget
- Eating better for better health
- Gardening

Our FREE educational programs are designed to help meet the nutritional needs of all family members. I am available to teach lessons to groups or families. Also, I can help you locate resources that you may need. Please feel free to talk to me about our program. I can be reached at the Russell County Extension Office at 866-7744.

Thank You,

Margie Hernandez, FS NEP Assistant
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