

# FREE (VIRTUAL) NUTRITION LESSONS



*Free nutrition and health lessons*

Visit us online at [eatgathergo.org](http://eatgathergo.org)

Want to give the children in your life the skills to make smart lifestyle choices – even when you are not around? Ready to make a few healthy changes in your own life?

The Nutrition Education Program provides fun, engaging, and free nutrition education lessons to limited- resource youth and adults throughout Indiana.

Our virtual lessons teach new skills that can be used at home every day - planning meals, grocery shopping, cooking tips, and simple solutions for healthy eating and physical activity.

Contact Marcia Sweet, certified Nutrition Education Program Assistant, at [sweet10@purdue.edu](mailto:sweet10@purdue.edu) to learn more about our FREE virtual lessons.