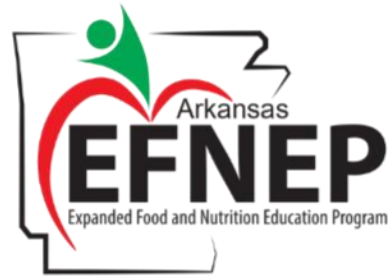


**UofA**  
**DIVISION OF AGRICULTURE**  
**RESEARCH & EXTENSION**  
University of Arkansas System



*In each class you will:*

- prepare & taste nutritious foods**
- learn simple, fun physical activity**
- learn about nutrition**
- receive kitchen tools**
- learn how to get more for your money on groceries**
- receive recipes**

For more information, please contact:

A photograph of three fish tacos served on a wooden plate. The tacos are filled with a piece of fried fish, shredded lettuce, diced tomatoes, and a mango salsa. The salsa consists of diced mango, green onions, and red bell peppers. The plate is set on a light-colored woven placemat.

## *Cooking & Nutrition Classes*

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