

# KANSAS SNAP-ED

**K-STATE**  
Research and Extension



**Join us!**



## MyPlate for My Family

**Where:**

**When:**

**Contact:**

**Phone:**

**Email:**

**FREE CLASSES**

Learn to plan,  
shop, and  
prepare healthy,  
low-cost meals  
and snacks and  
increase physical  
activity

**All are welcome!**

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This institution is an equal opportunity provider.