



Eating Smart & Being Active Presented by UF/IFAS Extension Family Nutrition Program

A SNAP-Ed implementing agency, promoting healthy people,
healthy places, and healthy communities in Florida

LEARN HOW TO . . .

- Increase your activity levels
- Get your family excited about healthy eating
- Buy healthy food on a budget

RECEIVE . . .

- Free incentives
- Family-friendly recipes
- Certificate of attendance

Every Wednesday for 8 weeks
Begins August 5, 2015
10:30 p.m. – 12:00 p.m.

The Family Place

Aka PYRAMID Community Cafe

located at *The Chiles Academy*
868 George Engram Blvd. Room 216W
Daytona Beach, FL 32114

This is a free program

SIGN UP TODAY

SPACE IS LIMITED!

Contact: Rebecca Taylor, UF/IFAS
Extension

rebecca.taylor @ufl.edu or call
386-822-5778 ext. 5418



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.