



Fresh Start, Nutrition and You is a **FREE** program taught by Nutrition Education Assistants (NEAs). You can learn how to cook new recipes, choose healthy foods, save money at the grocery store, keep foods safe to eat and be more physically active.

Fresh Start lesson topics include.....

Choosing MyPlate	Making smart drink choices
Plan—know what’s for dinner	Shop and get the best for less
Choosing more fruits & vegetables	Shop for value, check the facts
Moving more throughout the day	Fix it safe



If you are interested in receiving this **FREE** valuable nutrition program, please fill out this form and return it to the Agency. Participants who successfully complete the program will receive a cookbook and a certificate from the **Oklahoma State University Extension Service**.

Name: _____

Phone (or message phone): _____

Address: _____

Do you have children in your home? Yes _____ No _____

Are you pregnant? Yes _____ No _____

If you prefer to contact us directly, here is the Nutrition Education Assistant Information:

- NEA’s name and last name**
- NEA’s email address**
- NEA’s office phone number**

For more information about our programs, you can visit our website
<https://extension.okstate.edu/programs/community-nutrition-education-program/index.html>
 Or our Facebook Page www.facebook.com/OSUCNEP/

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