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VIRTUAL NUTRITION CLASSES

PROVIDED BY THE CAROLINA HUNGER INITATIVE

TUESDAY, OCTOBER 8 - NOVEMBER 5 ON ZOOM FROM 6:30-7:30PM

LEARN HOW TO:

- Make healthy choices on a limited budget
- Tips and tricks for cooking meals and snacks at home
- And more!

PARTICIPANTS MAY BE ELIGIBLE TO RECEIVE A \$10 GIFT CARD FOR THEIR PARTICIPATION.

