

FREE Virtual Nutrition Classes provided  
by the Carolina Hunger Initiative

# Healthy Holidays

**Monday evenings from 6:30-7:30pm on  
December 2, December 9, and December 16**

Build healthy habits for the holidays. Learn how to build wholesome meals, eat healthy away from home, and set realistic goals for the holiday season and beyond!

Learn more and register at:

[www.carolinahungerinitiative.org/classes](http://www.carolinahungerinitiative.org/classes)

Respondents may be eligible to receive a \$10 gift card provided by the Inter-Faith Food Shuttle.