



# **CAROLINA HUNGER INITIATIVE NUTRITION EDUCATION**

FREE Virtual Nutrition Classes Starting Soon!

**Learn more and register at:**

**[www.CarolinaHungerInitiative.org/  
Classes](http://www.CarolinaHungerInitiative.org/Classes)**

Nutrition Education classes use the Food Smarts curriculum. This series will focus on building healthy relationships with food and exercise and best practices for sleep hygiene.



**Dates: Tuesdays, April 7 through April 21, 2026**

**Time: 6:30-7:30pm**

