

Nutrition made simple, now online!

*SNAP participants can earn \$20 in Farmers' Market bucks at participating markets



Buy, Eat, Live Better's free online classes will explore:

- Tasty ways to eat healthy
- Ideas for stretching your food dollar
- Easy meal planning according to MyPlate
- Tips for increasing physical activity

Upcoming classes:

Montana State University Extension encourages persons with disabilities to participate in its programs and activities. If you anticipate needing any type of special accommodations or have questions about the physical access provided, please contact your local Extension office or the Nutrition Education Program at 406-994-6022 in advance of your participation or visit.

To register for a class, go to www.buyeatlivebetter.org and click on "Class Sign Up."

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This institution is an equal opportunity provider.
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. 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 the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.