



# FOOD and FUN!

## FOOD WISE

Healthy choices, healthy lives.

**Site:** Mental Health America - WI  
600 W. Virginia St., Suite 502  
Milwaukee, WI 53204

**CALL TO REGISTER!!**  
**FREE CHILDCARE MAY BE**  
**AVAILABLE UPON REQUEST**

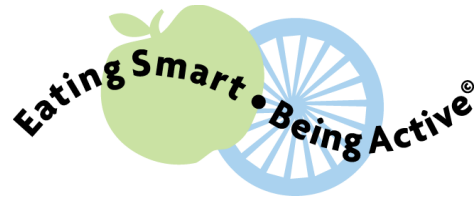
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**Instructor:**  
Kathryn Cieszki



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FoodWise Program  
Milwaukee County Cooperative  
Extension  
9501 W. Watertown Plank Rd., Bldg. A  
Wauwatosa, WI 53226-3552



Receive one of the above items with each class session. Items are; water bottle, grocery list, vegetable scrub brush, measuring cups and spoons, food thermometer, and a recipe book at the last class.

<b>Thursdays 10:30am - Noon</b>	<b>Topic</b>
July 13	Get Moving!
July 20	Plan, Shop, \$ave
July 27	Vary Your Veggies, Focus on Fruits
August 10	Make Half Your Grains Whole
August 17	Build Strong Bones
August 24	Go Lean with Protein
August 31	Make a Change & Celebrate! ❖ Receive your certificate and a cookbook!!!

WNEP education is supported by the USDA Supplemental Nutrition Assistance Program, UW-Extension, FoodShare Wisconsin and local partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more, call 888-947-6583.

**Reasonable accommodations for disabilities or limitations are available.** An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming including Title IX and ADA requirements.

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Evaluation: yes, 24 Hour  
Food Recall