



Beth Jimenez
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Family Nutrition Program Assistant
(EFNEP and SNAP-ed)
Virginia Cooperative Extension

Healthy Food and You!!



Dates: Wednesday, November 7
Tuesday, November 13
Tuesday, November 20
Monday, November 26

Time: 9:30 A.M.-11:30 A.M.

Place: Parent Teacher Resource Center
(Across from School Board Office)

Attend all four (4) sessions and take home something for your kitchen such as electric skillet, cookware set, crockpot or other item. For more information, call 804-633-7083.

