

UNIVERSITY OF HAWAII 'IATMĀNOA
SNAP-ED AND EFNEP PROGRAMS and Hale' Opio
Kauai, Inc.

FREE Nutrition Education Classes!

Connect with Nutrition Educators.

8:30am-10:00am 6th-8th grade, 10:30am-12:00pm 18+

March 17-21, 2025

- Learn how to stretch your food dollars.
- Get tips on healthy eating and food safety.
- Learn how to stay physically active.

Complete all 5 classes and receive

**FREE GIVEAWAYS, Food Demos and a
Certificate of Completion!**

Location: Lili'uokalani Trust
4530 Kali Road,
Lihue, HI 96766

For more information on classes, contact:
Christie

cnumazawa@halcopio.org

Register by March 7th.

Seats are limited.



Scan QR Code to RSVP



This institution is an equal opportunity provider and employer. SNAP-Ed and EFNEP programs serve low-income households and communities.