



CREATE™

FOOD, FUN & READING

A series of **FREE** lessons

for Preschoolers through Second Grade and their Parents!

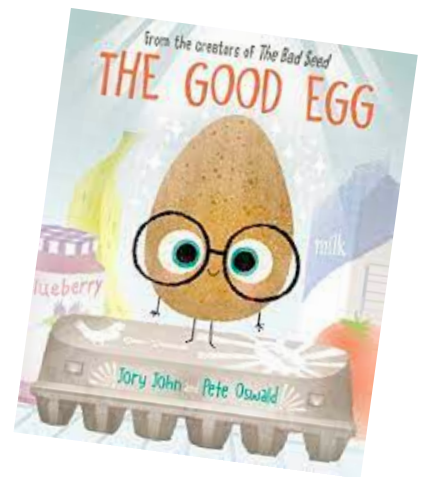
- 1 Read a children's story book
- 2 Talk about MyPlate and nutrition
- 3 Play a physically active game and
- 4 Make and enjoy a healthy snack

**Class series begins
February 7 and will continue
for 6 weeks**

4:00pm-5:00pm

**Uintah County Library
204 e 100 n**

**For more information contact
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CREATE SNAP-ED
BETTER HEALTH.

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