

**EXTENSION**  
**UtahStateUniversity**  
**FOOD\$ENSE**



TOOELE COUNTY  
FOOD \$ENSE NUTRITION EDUCATION

FREE Classes in your home, with a group or at the USU Ext. office.

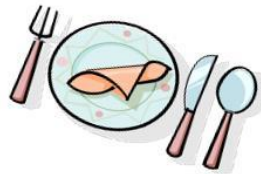
Sign up for FREE food and nutrition classes!  
Onsite classes are held at the USU Extension Auditorium  
1st and last Thurs. of each month at 10:00 a.m.

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FREE Food and Nutrition Classes!

Menu Planning and Shopping  
Grains  
Milk and Dairy  
Food Safety  
Baking and Measuring  
Kitchen Basics  
Microwave Cooking  
Roasting  
Skillet Cooking

Dietary Guidelines/My Plate  
Fruits and Vegetables  
Meats, beans and Proteins  
Feeding Infants and Children  
Grilling and Broiling  
Knife Skills  
Moist Cooking  
Pressure Cooking  
Slow Cooking

You'll receive free cookbooks and more!  
Come to our monthly classes or we can teach your own group of family or friends! We can come to your home, church, club or you can come to our office! Call or email today to make an appointment

*"This institution is an equal opportunity provider and employer."*