



ISD Nutrition Education Schedule

(Nutrition education classes will be offered on Thursdays from 10 a.m. – 11 a.m.).

Income Support Division Office

39 Plaza La Prensa, Santa Fe, New Mexico 87507

SEPTEMBER 2008

Thursday, September 4 – **My Pyramid**
Thursday, September 11 – **Grains Group**
Thursday, September 18 – **Vegetable & Fruit Groups**
Thursday, September 25 – **Milk Group**

OCTOBER 2008

Thursday, October 2 – **Protein Group**
Thursday, October 9 – **Breakfast & Snacks**
Thursday, October 16 – **Quick Meals**
Thursday, October 23 – **Food Dollars**
Thursday, October 30 - **Labels**

NOVEMBER 2008

Thursday, November 6 – **Healthy Choices Away From Home**
Thursday, November 13 – **Keeping Food Safe**
Thursday, November 20 – **No Class**
Thursday, November 27 – **Thanksgiving (No Class)**

DECEMBER 2008

Thursday, December 4 – **Eating Right for Two**
Thursday, December 11 – **Feeding New Baby**
Thursday, December 18 – **Feeding Infants & Children**
Thursday, December 25 – **Christmas (No Class)**

JANUARY 2009

Thursday, January 1 – **New Years Day (NO CLASS)**
Thursday, January 8 – **Live It Don't Diet**
Thursday, January 15 – **Nutrition & Adolescence**
Thursday, January 22 – **My Pyramid**
Thursday, January 29 – **Grains Group**

FEBRUARY 2009

Thursday, February 5 – **Vegetable & Fruit Groups**
Thursday, February 12 – **Milk Group**
Thursday, February 19 – **Protein Group**
Thursday, February 26 – **Breakfast & Snacks**

New Mexico State University is an equal opportunity/affirmative action employer and educator. NMSU and the U.S. Department of Agriculture cooperating.

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If you are an individual with a disability who is in need of an auxiliary aid or service please call 471-4711.

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