

New Mexico State University Extension Family and Consumer Sciences Invites You!

Extension Plate to Practice

New Dietary Guidelines for Americans (2025-2030)

Free

Join us for an engaging and interactive nutrition education session!

When: August 25th, 2026, 12:00 – 1:00 PM

Lunch is included!

Where: Santa Fe CES Office, 3229 Rodeo Rd.
Santa Fe, NM 87507



There is no cost to participate.

To RSVP call (505)471-4711

Please RSVP by August 21st

Together we will

! Explore the key recommendations from the new Dietary Guidelines for Americans 2025–2030.

! Learn simple and practical strategies to create balanced nutritious meals and snacks.

! Discover tips for making healthy eating smoother at home and on the go.

Hands-on activity

Put your knowledge into practice by creating a nutritious snack using recommendations from New Dietary Guidelines for Americans 2025-2030.

Who should attend?

Adults interested in learning how to make healthy eating simple, enjoyable, and practical.

We look forward to learning with you!



Contact:

Dr. Zahra Zadeh
Extension Nutrition Specialist
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**College of Agricultural, Consumer
and Environmental Sciences**

If you are an individual with a disability who is in need of an auxiliary aid or service to participate, please contact Dr. Zahra Zadeh two weeks in advance at (575) 646-3097 or zzadeh@nmsu.edu.

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NMSU and the U.S. Department of Agriculture cooperating.