



TEXAS A&M
AGRI LIFE
EXTENSION

**BETTER LIVING
FOR TEXANS**

A Fresh Start to a Healthier You!

*Virtual Nutrition
Program
4-week Series*



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- **Participants gain confidence to cook healthy meals**
- **Practical cooking and shopping tips**
- **Recipes for success in the kitchen**
- **Certificate of Completion**
- **Educational reinforcement items**



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