

THINK HEALTHY  
HAS TO BE  
**HARD?**

Not with us on your side.



FREE ONLINE  
**YUCK to YUM**  
PARENT SERIES  
January 28, 8pm  
February 4, 8pm  
February 11, 8pm  
February 18, TBD

*All classes are Tuesday's at 8pm.  
Tech support starts at 7:45pm.*

**FoodWise Nutrition Classes**

*Make the healthy choice, the easy choice.*

Is mealtime a stressful time for your family? This class is for you. Connect with other parents & learn new ways to navigate mealtime & choose healthy foods for your family.

We are taking our popular Yuck to Yum series & bringing it online! We will hold a series of 3 night classes available via Zoom interactive web platform. Zoom is free & easy to use from your phone or computer. The final class will be an in-person cooking class where you can meet your classmates & learn how to cook a healthy meal with your child.

**REGISTER TODAY!**

Call: 715-256-8716  
email: [kelly.hammond@wisc.edu](mailto:kelly.hammond@wisc.edu)  
or [penny.schmitt@wisc.edu](mailto:penny.schmitt@wisc.edu)



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**Extension**  
UNIVERSITY OF WISCONSIN–MADISON

**FOOD  
WISE**  
Healthy choices, healthy lives.

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