



CAROLINA HUNGER INITIATIVE NUTRITION EDUCATION

FREE Virtual Nutrition Classes Starting Soon!

**Learn more and register at:
go.unc.edu/chinutredlink**

CHI Nutrition Education classes use the Food Smarts curriculum. Food Smarts helps you build healthy habits and make nutritious food choices on a limited budget.

Participants who attend at least 3 lessons and complete our final evaluation survey may be eligible to receive a \$10 grocery store gift card provided by the Inter-Faith Food Shuttle.

Dates: Tuesdays, February 4 through March 4, 2025

Time: 6:30-7:30pm

