



**GET UP TO \$90 IN  
VOUCHERS TO SPEND  
ON FRESH FRUITS AND  
VEGGIES**

## **The Fruit & Vegetable Prescription Program (FVRx) NUTRITION CLASSES**

Join this **FREE** program through SNAP-Ed New York.  
Learn tips for eating healthy while saving time and money. Find  
ways to prepare healthy foods for you and your family.  
Participants receive coupons for fresh fruits and vegetables.  
Classes are for 6 weeks.

**Receive \$15 in vouchers after each class** to spend on fresh  
fruits and veggies at local food retailers!

**Tuesdays at 11:30 am-12:30 pm  
June 24, July 1, 8, 15, 22, 29, 2025**

**Bell Memorial Library  
16 East Street  
Nunda, NY**



### **CALL OR Email to REGISTER!**

**Colleen Therrien (585-991-5437) or Kelly (585-478-1480)**

**Please register before class. Must be 15 to attend**

Contact information and health center will be requested and kept confidential.

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