

Get a Second Helping of Nutrition Tips!

By Michele Wulff, RD, LD, Medina County Health Department WIC Division

Want to learn about more about nutrition for yourself or for your family? Join The Medina County Health Department for a free nutrition class at the Wadsworth Salvation Army located at 527 College Street in Wadsworth. Class is on the fourth Tuesday of the month. Class begins at 4:30 p.m. before the dinner meal is served. Registration is not required. Come learn about shopping on a budget, meals for two, one pan meals, and easy healthy meals to freeze. There is a different topic each month, so remember to come back for seconds and healthy nutrition tips. This class is a WIC approved nutrition education class. Upon completing the class, WIC will issue a certificate good for WIC coupons for WIC participants. Bring this certificate to the WIC appointment to receive your coupons. For more information, call the Medina County Health Department WIC Division at 330-723-9629, toll-free at 1-888-723-9688, or visit our website at www.medinahealth.org.