



The Fruit & Vegetable Prescription Program (FVRx)

Interested in eating better? And learning to budget for groceries?

Join this **FREE** program through SNAP-Ed New York, where you will learn tips for eating healthy while saving time and money, all while earning vouchers for fresh fruits and vegetables.

You get \$15/class in vouchers to spend on fresh fruits and veggies at local food retailers! Classes are one hour for 6 weeks.

Next Class Dates: Fridays, 12:30-1:30 pm
January 10, 17, 24, 31, and February 7, 14, 2025

Classes held at : Liv Co. Cornell Cooperative Extension
3 Murray Hill Drive, Mt. Morris, NY

CALL 585-991-5437 or 585-478-1480 to register
Contact information and health center will be requested and kept confidential

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