



# The Fruit & Vegetable Prescription Program (FVRx)

**Do you need to eat better to improve your health?**

Join SNAP-Ed NY's **FREE 6-month** nutrition education program.  
**Attend classes twice a month.**

Save time and money by learning tips for healthy eating, hands-on cooking with fruits and vegetables, and ways to be physically active.

**Receive \$192** to purchase fresh fruits and vegetables

**Classes at Keshequa Central School  
13 Mill Street, Nunda, NY  
Room 1158**

**Tuesdays 4 -5 pm on: January 14,28  
February 11,25  
March 11,25  
April 8,22  
May 6,13  
June 3,17**

**CALL OR TEXT TO REGISTER!  
585-478-1480**

**Questions? Contact Colleen at  
585-991-5437**

*\*Must be 18 years or older to register.\**

Contact info and health center will be requested and kept confidential

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## **Nothern Finger Lakes Region**

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