

August 16

Energy Balance
5 A Day Salad

August 23

Whole Grains and Protein Power
Tuna Quesadillas

August 30

Quick and Easy Meals
Skillet Noodles & Beef

Cooking For Your Health Want to eat healthier and not break the bank?

Join OSU Extension for a series of programs that will give you easy ideas to stretch your food dollar and eat healthier!



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Tuesdays
11:00 to 12:00

Ohio Means Jobs
358 West North Street
Wooster, OH 44691



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For any other information dealing with the Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish or call the Ohio Department of Jobs and Family Services' Food Assistance Benefits Hotline at (866) 244-0071.

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