



Heart Smarts

WEEKLY NUTRITION LESSONS

R&J Food Market
2139 W Venango St
Fridays, April 25th-June 20th
1pm-3pm



- Nutrition information
- Healthy recipes
- Free kitchen giveaways
- Receive coupons to purchase heart-healthy foods



SNAP-Ed
Pennsylvania

Healthy Food.
Healthy Moves.
Healthy YOU.



The **FOOD**
TRUST

