



Who should attend?

- Adults (age 50 years or older)

What is it?

Humboldt Public Library, in partnership with ISU Extension and Outreach, will be offering the following programs during the library coffee hour from 10:00-11:00 am on the following dates.

September 18, 2019- MyPlate Bingo is an interactive nutrition program and game that provides tips on how to eat healthy and fun food facts.

September 25, 2019- What's in Your Grocery Cart? discusses how the average \$16 monthly food assistance benefit can help support older adults to access nutritious foods and meet MyPlate recommendations. This presentation includes a script and the grocery shopping activity.

September 30- Gardening: Help Grow Your Wallet discusses how growing your own garden can save you on food costs. The gardening game will provide you with fun facts about container garden friendly vegetables.

Why should you attend?

- Getting enough food with the nutrients you need is an investment in good health
- Good nutrition helps prevent chronic disease and injury so you can stay independent longer
- Learn more about food assistance and how it can help you stretch your food dollar

For more information about these sessions, please contact:
Julie Larsen, Humboldt Public Library, 515-332-1925
Lexi Seuntjens, ISU Extension and Outreach, Humboldt County,
515-332-2201 or seuntjen@iastate.edu

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