



WEB-BASED NUTRITION EDUCATION

Evidence-based education developed for limited income adults.

6 modules completed in any order:

- Your Food Variety
- Enjoying Eating
- About My Size
- Hunger and Fullness
- Time to Eat
- About Being Active

Learn more at needscenter.org/about-eating



Wegmans School of Health and Nutrition
Nutrition Education Engineering & Designs

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