

EAT.  
MOVE.  
SAVE.



CREATE  
BETTER  
HEALTH!



WHAT  
IS IT?

This series of **FREE** classes will help you **CREATE** healthy meals on a budget by using the food you have on hand. During the class, you will sample a meal you help to prepare and will also get tips to help you add more physical activity to your busy life.

## CLASS DETAILS

**WHERE?** The HOPE Cupboard, 1414 N 8th St, Pekin, IL 61554

**WHO?** Adults - anyone 18+

**WHEN?** Three Class Series  
**June 5, June 6 & June 7 @ 12pm**

*Class will finish ahead of the Thursday pantry time & you will be first in line for the 1pm pantry!*

Questions or need  
reasonable  
accommodations to  
participate?



Contact  
SNAP-Ed Instructor, Julie  
Dantone

[jfd@illinois.edu](mailto:jfd@illinois.edu); 309-347-6614

**FREE KITCHEN  
UTENSILS &  
RAFFLE\***

- Every participant will receive one **FREE kitchen utensil** at the end of each class!
- Attend all three classes in the series to put your name in to win an **Electric Skillet!**

*\*Class limited to 12 participants. You must attend the full class each time to receive the incentive item and be placed into raffle. Only one participant will win the electric skillet.*



**REGISTER TODAY** [go.illinois.edu/createhealth](https://go.illinois.edu/createhealth)



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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