



Eat Better For Less

Join the **Racine/Kenosha Nutrition Education Program (RKNEP)**. It is one part of the University of Wisconsin-Extension Family Living Programs. For more information call the UW-Extension RKNEP Office in Racine at 635-6824 or 1-877-469-3202 (toll free).

How can YOU benefit?

Families enrolled in RKNEP can learn to:

- *Save more money* at the grocery store.
- *Plan* nutritious and tasty meals.
- *Choose* the best food for family's health.
- *Store food safely* and *prevent waste*.
- *Help kids learn* about and *have fun* with food.
- Use other *community resources*.



How does RKNEP work?

Local nutrition educators teach you about nutrition and health. They come to your home or meet with a small group of you and your friends in a place of your choosing to help you with your questions about food, shopping and nutrition. You'll get recipes, charts and other materials that show you how to save money on food and feed your family better. You'll also get other ideas about how to live on a limited budget.

Visits are FREE to families within established guidelines. The only cost is the time you spend learning to feed your family better.

You may mail this form to:
UW-Extension RKNEP
1220 Mound Ave.
Racine, WI 53404

Or call our office:
Phone: 635-6824
1-877-469-3202

I am interested in more information: Please: ___ call or ___ stop by.
The best time to reach me is between: _____ AM / PM.

Name: _____ Phone: _____
Address: _____

University of Wisconsin, United States Department of Agriculture and Wisconsin counties cooperating.

UW-Extension provides equal opportunities in employment and programming, including Title IX requirements.

Advise us in advance if you are handicapped and desire special program accommodations. Requests will be kept confidential.