

FOR IMMEDIATE RELEASE

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Create Better Health

January has come and gone, but there's still time to create health goals for 2022- you are in charge of Creating Better Health for yourself! Eating healthy doesn't need to be difficult or expensive, but it does take practice.

Create Better Health (CBH) is here to provide nutrition information, tasty, low-cost, nutritious recipes, and tips on staying physically fit. CBH is a class offered through the Kansas Supplemental Nutrition Assistance Program Education; which you might know as SNAP-Ed.

Create Better Health provides nutrition education to individuals and families eligible for SNAP benefits; these classes are FREE. This is done through a series of classes taught by Wildcat District SNAP-Ed Nutrition Educators. Create Better Health classes aim to increase each participant's knowledge of nutrition, cooking, food safety, budgeting, and physical activity, as well as helping Kansans find access to safe and nutritious food. Health is something we CREATE every day! Something as small as adding in an extra vegetable each day can greatly impact your health over time.

Are you ready to Create Better Health for yourself? Do you want to learn how to save money on groceries? Are you eager to learn how to make meals with budget-friendly and healthy items that you have on hand?

Join us for our next Create Better Health Class that kicks off on March 24th! The class will take place from 1 - 2 p.m. at The Salvation Army in Pittsburg, KS. **Participants who attend and complete all 6 classes in this Create Better Health Series will be eligible to receive kitchen equipment of their choice up to a \$25 value!**

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