

Nutrition Month 2024

Welcome to the virtual classroom!

Here are your instructions:

- Move to slide #2
- Use your cursor to hover over the items in the classroom and click to open the link
- Reflect on your thoughts about food and nutrition and your life



Recipes



\$15 Food Fridays!

Keep updated with peer wellness weekly \$15 recipes and budget tips.

View previous weeks tips and recipes here:
<https://tinyurl.com/CUEFoodFriday>

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FOOD
SECURITY





**For more information, check out our google site
tinyurl.com/Qwellness**