

## **EATING FOR THE**



**DATESTIME Nov. 11** 1:00pm

OF IT! at Middlesboro Library

Call 606-248-4812 to register

LESSON "Shifting to Healthier **Choices for** Everybody"

RECIPE **Tasty Taco** Salad

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## Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Develop

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Coope



