



SERIE DE PRESENTACIONES PARA LA COMUNIDAD

LECTURE SERIES FOR THE COMMUNITY

REALIDADES

REALITIES

... acerca de la nutrición y presupuesto

... about nutrition and budgeting

Speaker: **Alejandra Coronel**,
University of Illinois Extension



Monday SEPTEMBER 21st - 6:30-7:30 PM
Champaign Public Library room 215

REALIDADES.../REALITIES...

3er Lunes/ 3rd Monday

6:30-7:30 PM

Library Friends Conference Room (215)

Champaign Public Library

200 W. Green St., Champaign, IL 61820

NEXT PRESENTATION

OCTOBER 19th, 2009

ORAL HEALTH

La realidad acerca de su nutrición:

- *Las meriendas se han convertido en una forma de vida tanto para los niños como para los adultos.*
- *Planee las meriendas como parte del plan de comida diario.*
- *Elabore su lista de compras antes de ir al supermercado.*

The reality about daily nutrition:

- *Snacks have become a form of lifestyle for children and adults.*
- *Plan the snacks as part of the plan of daily food.*
- *Write you grocery list before shopping .*



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