FOR IMMEDIATE RELEASE
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Pasco County Extension offering free food demos/grocery bags

~~Nutrition program is part of 'Tasty Tuesdays Community Market' on March 28~~

NEW PORT RICHEY, FL ---- The UF/IFAS Pasco County Cooperative Extension Service Family Nutrition Program (FNP) will be hosting free 'MyPlate' food demonstrations at the **Tasty Tuesdays Community Market** on **Tuesday, March 28, 2017** at the New Port Richey Library located at 5939 Main Street, New Port Richey, FL.

The 'MyPlate' food demonstration, which includes free mango salsa, features a 15-minute lesson, teaching you how to stock your plate with healthy options. The food demonstrations will be held March 28, 2017 at **10:15 a.m.**, **10:45 a.m.** and **11:15 a.m**. Everyone who takes part in the free lesson and salsa tasting will receive a free, reusable, insulated grocery bag (while supplies last).

"Food demos are a fun way to get people engaged in trying new recipes that translate into easy, healthy eating at home," said Dr. Whitney Elmore, UF/IFAS Pasco Extension Director.

The Family Nutrition Program is Florida's SNAP-Ed grant, teaching limited-resource families how to shop healthy on a budget and showing that eating well is affordable. The lesson and food demo will give participants a chance to learn a new recipe and sample something that may be new to them or their children while stressing important dietary guidelines.

The Pasco County Cooperative Extension Service assists Pasco County residents by developing and delivering practical, educational programs in environmental horticulture; sustainable agriculture; 4-H and youth development; and family and consumer sciences. For more information, including volunteer opportunities, visit our website: http://bit.ly/2iB6040 or call us at 352.518.0156.