Faithful Families Program
Swansboro United Methodist Church
655 W Corbett Ave, Swansboro, NC 28584

Fellowship together while learning how to stay healthy!

- Taste test delicious recipes
- Learn about the health benefits of different foods, food safety, and how to read a nutrition label
- Explore ways to be physically active
- Talk about the connections between food, physical activity, and faith

Sessions will be held on Thursdays from 3:00pm - 4:00pm in Room 33, located downstairs in building 2!

September 3: Plan What's for Dinner

September 10: Get the Best for Less

September 17: Shop for Value, Check the Facts

September 24: Fix it Fast

October 1: Choosing More Fruits and Veggies

October 8: Food Safety

October 15: Making Smart Drink Choices

October 22: Moving More

October 29: Jeopardy Review and Graduation

FAITHFUL FAMILIES Thriving Communities

ONSLOW HEALTH DEPARTMENT