



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**

REALIDARES.../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 .*



Co-sponsored by the University of Illinois  
Extension and Outreach, and the Center for Latin American and Caribbean Studies

For information, please contact:

Julia Bello Bravo (217) 333-4735, juliabb@illinois.edu; Alejandra S-Seufferheld (217) 244-2790, amsseu@illinois.edu