



BlueCross BlueShield
of New Mexico



New Mexico
Public Schools
Insurance
Authority



NMPSIA



SETTING THE TABLE FOR HEALTHY EATING

Date: Monday, August 24

Time: 8:30 a.m.

[Register Here:](#)

***Only 15 Mins!**



Date: Monday, August 24

Time: 3:45 p.m.

[Register Here:](#)

***Only 15 Mins!**



We will learn more about nutrition as we discuss:

- How to read and use the nutrition facts labels
- Shopping smart to make healthier choices
- Making healthier food choices at home and while eating out