



APRIL 2023

**Jasper County Elderly Nutrition
2401 First Ave E.
Newton, Iowa 50208
641-792-7102**

**www.jasperia.org>Departments>Elderly Nutrition
E-Mail: kvanmanen@jasperia.org**



Senior Farmers Market Nutrition Program
Applications for the Senior Farmer's Market
checks will be available soon!
Watch for more information!

FRESH CONVERSATIONS

Fresh Conversations is a free nutrition and physical education program for ages 60 plus. The program offers practical tips and sensible solutions to everyday problems

that get in the way of doing what most people want to do: eat well and live well? Fresh

Conversations is also an opportunity to connect with other adults for a friendly group discussion!

APRIL'S CONVERSATION

***FIBER: IT WILL KEEP YOU GOING!**

***GOOD SOURCES OF FIBER**

***TRY A TASTY RECIPE!**

WEDNESDAY, APRIL 12

Colfax Senior Center

1 E Howard; Colfax

Time: 11 AM

Jasper County Community Center (Elderly Nutrition)

2401 1st Ave E; Newton

Time: 12:15 PM

**For more information,
please call 641-792-7102**