

**NEW for 2008!**

## **Fast Food: Healthy Choices** **Free Online Nutrition Lesson for Adult ESL**

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**Eating Well Living Well**

**Lessons for Living Well**  
Nutrition Education for Adult ESL

Welcome to **Lessons for Living Well**,  
a free website to help **you** practice  
English and...

- . Eat better
- . Feel better
- . Live better

**Start Now!**

*Your guide, Blanca.*

This material was funded by the USDA Food Stamp Program through the *Network for a Healthy California*. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For info on the Food Stamp Program, call 1-888-328-3483.

**CHAMPIONS for CHANGE**  
Network for a Healthy California

**Click here OR enter into this into your browser:**  
**[www.lessonsforlivingwell.org](http://www.lessonsforlivingwell.org)**

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