

## ■ Who we are

Since 1965, Tri-County OIC Adult Learning Center has provided quality academic, vocational, workforce, and family education classes to more than 1,200 students each year at 20 sites in Cumberland, Dauphin, Perry, and York counties.

OIC offers programs to achieve basic literacy skills, family literacy, GED/high school diploma, and vocational skills, as well as job development, counseling, and placement services.

## ■ Our mission

Our mission is to deliver educational and training services that are high quality and learner-focused by capitalizing on the experience of our staff, the support of our partners, and the resources of our community. Through education we help our students to become better workers, better citizens, and better family members.

At OIC, we train people for life.

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Tri-County OIC admits students of any race, color, national and ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in the administration of its educational policies, admissions policies, scholarship and loan programs or any other school-administered programs.

If you  
answered  
**YES** to any of  
these questions,  
Tri-County OIC's  
**Nutrition Education**  
classes are right  
for you.

**Tri-County OIC**  
Adult Learning Center

500 MACLAY STREET  
HARRISBURG, PA 17110-2463



*At OIC, we train people for life.*



**nutrition education**

*making healthy food choices*

Would you like to learn how to select healthy foods for yourself and your family?

Y N

Do you wish you could understand food and nutrition labels?

n n

Would you like to have fun preparing and sharing meals with classmates?

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n n

### n What will you learn in Nutrition Education?

You will learn about the New Food Pyramid and how it can help you and your family make healthy food choices.

You will learn how to plan and shop for the ingredients for nourishing, flavorful meals.

You will learn how to prepare the foods you choose so that you get the most vitamins and minerals from each meal.

*“This class was really fun . . . and the food was just great!”*

### n How do we do it?

Nutrition Education classes are fun, casual, and relaxed. Information is presented through discussions and hands-on demonstrations.

These are just a few of the workshops that will help you learn about nutrition and health, including:

- How to Read Food Labels;
- Healthy Foods vs. Unhealthy Foods;
- Determining Nutritional Content;
- How to Handle Foods Safely; and
- Cooking to Reduce Fat Content.

### n What are the goals of the Nutrition Education classes?

- To help you make informed choices about nutrition for yourself and your family;
- To make sure you have a good time while learning about important health issues; and
- To spend time with your classmates sharing creative ideas for healthier living.

### n Who is eligible for Nutrition Education classes?

Any enrolled OIC student can attend the Nutrition Education workshops.

### n Where and when do Nutrition Education classes meet?

You can attend Nutrition Education classes at OIC. Classes and workshops are held at our main site, located at 500 Maclay Street in Harrisburg. Check with OIC for dates and times.

### ■ How can I find out more about OIC’s Nutrition Education classes?

If you are interested in learning more about our Nutrition Education classes, contact OIC at 238-7318 or [info@tricountyoc.org](mailto:info@tricountyoc.org). Or visit us at [www.tricountyoc.org](http://www.tricountyoc.org).

nutrition education  
*making healthy food choices*