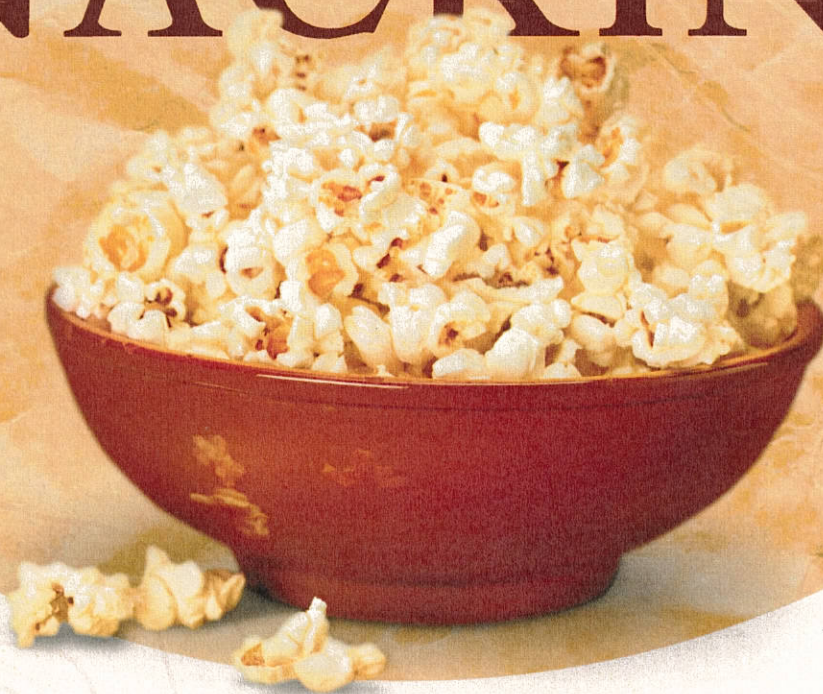


SMART SNACKING



Do you reach for a snack when you're hungry or is it out of habit?

Join Nutrition and Wellness Educator, Jenna Smith, for this lesson that will have you reflecting on your snacking behaviors and will help guide you to make smart snacking decisions! Enjoy a food demonstration and take home some new healthy snack recipes.

To register, call the library at (309) 447-6724.

September 30, 2025

1:30-2:30pm



Deer Creek Library

205 E 1st Ave,

Deer Creek, IL 61733



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

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Early requests are strongly encouraged to allow sufficient time for meeting your access needs.