

No-Cost Nutrition Education Workshops

Growing Healthy Families



All educational materials are research-based and utilize the USDA's MyPlate.

Participating Adults will:

- Learn to make healthy food choices on a budget
- Receive recipe demonstrations and tastings
- Receive educational handouts and reinforcement items

Topics Include:

- My Healthy Plate
- Planning Meals
- Food Labels
- Saving Money
- Cooking a Meal

For class information, dates, times and locations:

Contact:
(559) 241-7550

Stay connected

@uccalfreshfmc

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