

Dear (insert name here),

I would like to take a moment to introduce myself. My name is (Insert Name) and I am a Nutrition Program (Educator/Coordinator) with the UC CalFresh Nutrition Education Program. This program offers **no-cost** nutrition education to families in Fresno County. Here are some key highlights about our program:

- We are a with the University of California Cooperative Extension, Fresno County
- We offer **no-cost**, research based nutrition education to eligible families
- We offer various modes of education:
  - Series based nutrition education  
*5 part series titled "Plan, Shop and Save"*
  - Workshops – 1.5 hour interactive workshops on various nutrition topics
  - Interactive Displays for large events
- Our classes are offered in Spanish, English or both
- Each class or workshop session is accompanied by:
  - A food demonstration of a quick, easy and healthy recipe
  - Physical Activity
  - Tangible reinforcement tools for participants to take home such as measuring spoons, cookbooks etc.

I have attached our current flyer with more information about the "*Plan, Shop & Save*" series.

If you have any questions, please feel free to contact me via phone 559-241-(insert extension) Or email (insert email address). I will follow-up with you later next week to confirm that you received this email.

Thank you for your time and I look forward to working with you!

Respectfully,