

NEWS RELEASE

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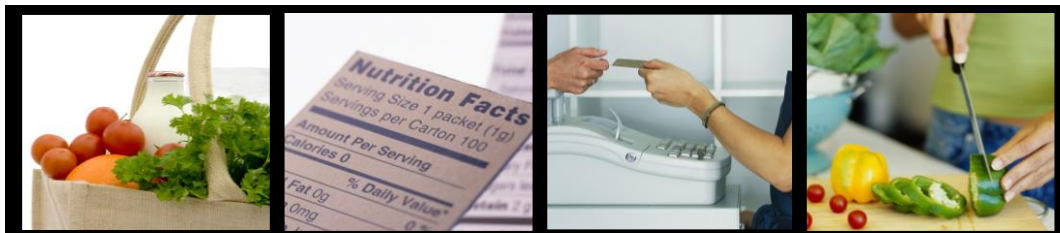
Fall into Healthy Habits

Preparing healthy meals might be the last thing on your mind if you're working, shuttling the kids around, job hunting, or busy being retired. But your body needs nutrients and energy from healthy foods to tackle that to-do list. Come and learn easy strategies for meal planning, reading Nutrition Facts labels, and shopping on a budget through a 2-part series of workshops called "Plan, Shop, Save, & Cook." Topics will include:

- Meal Planning
- Understanding Nutrition Facts Labels
- Saving Money
- Food Safety

Classes are held on the second and third Thursdays of most months at the Placer School for Adults Career Center at 1919 Hwy. 49 in Auburn. There is no cost to attend the workshops. Participants who attend both sessions will receive a certificate of completion along with kitchen and grocery shopping materials. To see class descriptions and to register, please visit the Placer School for Adults website at <https://placeronline.org>.

For more information about these and other upcoming UC CalFresh nutrition workshops, please call (530) 889-7350, or visit our website at <http://ucanr.edu/sites/letseathealthy>. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.



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cal fresh Nutrition Education

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.