

## NEWS RELEASE

### For Immediate Release

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### For Further Information Call:

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## Get a Healthy Bang for Your Buck!

Do you want to make healthy meals for your family, but think eating healthy is too expensive? Not familiar with how to read Nutrition Facts Labels, but want to learn? The UC CalFresh Nutrition Education Program of Placer/Nevada Counties is offering a 2-part workshop called “Plan, Shop, Save & Cook” through Placer School for Adults. These classes will help you make healthy food choices on a limited budget. Topics will include:

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

Classes are held on the second and third Thursdays of each month at the Placer School for Adults Career Center at 1919 Hwy 49 in Auburn. The next 2-part workshop will be on April 12<sup>th</sup> and 19<sup>th</sup>. There is no cost to attend, and participants who come to 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 <http://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.



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.

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