



The *Plan, Shop, Save, Cook* series includes **4 workshops** that build on each other. Each workshop is **60 minutes** long.

Following each workshop, participants will receive a takeaway, including a grocery bag, magnetic shopping list, and more!

Topics of the workshops include:

— Meal Planning —

Learn how to plan meals and make shopping lists to save money & time.

— Using Food Labels —

Learn to choose foods that are nutritious and fit within your budget.

— Saving Money —

Learn techniques to stretch food dollars such as unit pricing and brand comparisons of products.

— Cooking a Meal —

Discover tips to help you plan nutritious meals for an entire week



Who can attend?

If you or your family are eligible for programs such as Basic Food (SNAP), WIC, Head Start, TANF, or free/reduced school meals, you are eligible for SNAP-Ed classes.





WSU Pierce County Extension
SNAP-Ed offers a **free** nutri-
tion series called

PLAN, SHOP, SAVE, COOK!

This series focuses on food budg-
eting strategies while also mak-
ing healthy food choices.



FOR MORE INFORMATION CONTACT:

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VISIT US AT: EXTENSION.WSU.EDU/PIERCE



USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

Reasonable accommodations will be made for persons with disabilities and special needs who contact Linda Mathews at 3602 Pacific Ave. Suite 200, Tacoma, WA 98418; 253-798-7154; lmathews@wsu.edu at least 2 weeks in advance.



SNAP-Ed

Community-Based Nutrition Education for Adults & Families



In this pamphlet: Learn about
the 4-workshop series called...

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