



Plan, Shop, Save, Cook

A NO-COST NUTRITION PROGRAM FOCUSED ON FOOD BUDGETING



Wednesdays from 11:30 am - 12:30 pm

February 26th - March 18th

Lakes Nourish Food Bank

6900 Steilacoom Blvd. SW., Lakewood , WA 98499

CLASS SCHEDULE

February 26th	Plan a MyPlate healthy meal on a budget
March 4th	Use the food label to fit your health needs
March 11th	Practice unit pricing and brand comparisons
March 18th	Cook a low-cost meal together

KEEP IN MIND

- Four 1-hour sessions
- Each session is free
- Food budgeting incentive each week
- You are first to shop at the food bank after each completed session

Spaces are limited. To reserve your spot or for more information, contact Svetlana at 253-798-3263 or email s.konotopchik.wsu.edu