



Plan, Shop, Save, Cook

A NO-COST NUTRITION PROGRAM FOCUSED ON FOOD BUDGETING



Saturdays from 9:30-10:30am

February 29th - March 21st

Northwest Tacoma Nourish Food Bank
2710 N. Madison St | Tacoma, WA 98407

CLASS SCHEDULE

February 29th	Plan a MyPlate healthy meal on a budget
March 7th	Use the food label to fit your health needs
March 14th	Practice unit pricing and brand comparisons
March 21st	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