

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

USDA is an equal opportunity provider and employer. 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; Imathews@wsu.edu at least 2 weeks in advance.