



Plan, Shop, Save, Cook

A NO-COST NUTRITION PROGRAM FOCUSED ON FOOD BUDGETING



Fridays from 10:00am - 11:00am

March 20th—April 10th

Pierce County Human Services Building
3602 Pacific Ave. Suite 200 Tacoma, WA 98418

CLASS SCHEDULE

March 20th	Plan a MyPlate healthy meal on a budget
March 27th	Use the food label to fit your health needs
April 3rd	Practice unit pricing and brand comparisons
April 10th	Cook a low-cost meal together

KEEP IN MIND

- Four 1-hour sessions
- Each session is free
- Food budgeting incentive each week

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