

UC Cooperative Extension Serving Placer & Nevada Counties

NEWS RELEASE

For Immediate Release February 1, 2018 **For Further Information Call:** Carrie Yarwood (530) 889-7350

UC CalFresh Teaches Nutrition Workshops in Rocklin

Do you want to make healthy meals for your family, but think eating healthy is too expensive? Not familiar with how to read Nutrition Facts Labels, but want to learn? The UC CalFresh Nutrition Education Program of Placer/Nevada Counties is offering a 2-part series of workshops called "Plan, Shop, Save & Cook" through the Placer Employment Services Center. These classes will help you make healthy food choices on a limited budget. Topics will include:

- Meal Planning
- Understanding Nutrition Facts Labels
- Saving Money
- Food Safety

Spring classes start on February 26, 2018 and are held every other Monday at 1000 Sunset Blvd., Suite 100 in Rocklin. There is **no cost** to attend the workshops. Participants who attend both sessions will receive a certificate of completion, along with kitchen and grocery shopping materials. To reserve a space, please call (916) 784-6060.

For more information about these and other upcoming UC CalFresh nutrition workshops, please call (530) 889-7350, or visit our website at <u>http://ucanr.edu/sites/letseathealthy</u>. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.



This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

11477 E Avenue, Auburn, CA 95603 (530) 889-7385 (530) 889-7397 fax ceplacer@ucdavis.edu ceplacer.ucanr.edu 255 So. Auburn Street, Grass Valley, CA 95945 (530) 273-4563 (530) 273-4769 fax cenevada@ucdavis.edu ceplacer.ucanr.edu