NEWS RELEASE

For Immediate Release
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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 http://ucanr.edu/sites/letseathealthy. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.