

NEWS RELEASE

For Immediate Release

January 4, 2019

For Further Information Call:

Carrie Yarwood
(530) 889-7350

Stick to Your New Year's Resolution with These Free Classes

Did you make a resolution to eat healthier this year, but are not sure where to start? Not familiar with how to decipher a Nutrition Facts Label? The UC CalFresh Nutrition Education Program of Placer/Nevada Counties is offering a 2-part series of free workshops called "Plan, Shop, Save & Cook" through Placer School for Adults. 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

Classes resume January 10, 2019 and are held on the second and third Thursdays of each month at the Placer School for Adults Career Center at 1919 Hwy 49 in Auburn. 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 see class descriptions and to register, please visit the Placer School for Adults website at <https://placeronline.org>.

For more information about these and other upcoming UC CalFresh nutrition workshops in Rocklin and Roseville, please call (530) 889-7350, or visit us at <https://ucanr.edu/sites/letseathealthy>. "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.