



UNIVERSITY OF CALIFORNIA
COOPERATIVE EXTENSION
SHASTA & TRINITY COUNTIES

Adult Food Stamp Nutrition Education Program



*FREE Nutrition & Health Education
For People on a Limited Budget!*



Workshop Lessons and Activities Include:

- Making Your Food Dollars Stretch
- Cooking Demonstrations
- The New Dietary Guidelines
- Understanding Food Labels
- Meal Planning, Selecting, and Preparing
- Whole Grains & Importance of Fiber
- Food Safety and Sanitation
- Eating Right for Two
- Feeding Babies, Infants, and Children
- Eating Right and Light
- and more...

Learn creative tips on:

- 🎯 Food Budgeting, Planning, Selecting, and Preparing
- 🎯 Food Safety and Sanitation
- 🎯 Managing Resources
- 🎯 Physical Activity

Take Home:

- 😊 **FREE Prizes, Tips & Recipes**
- 😊 **FREE Nutrition & Food Buying Info.**
- 😊 **Earn a Certificate of Achievement**
- 😊 **Add to Your Resume**

CALL FOR MORE INFORMATION!

Lori Coker
(530) 224-4400
FSNEP Nutrition Educator
2030 Hartnell Avenue
Redding, CA 96002



University of California Cooperative Extension
Division of Agriculture and Natural Resources



The University of California prohibits discrimination against or harassment of any person on the basis of race, color, national origin, religion, sex, physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (special disabled veteran, Vietnam-era veteran or any other veteran who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized). University policy is intended to be consistent with the provisions of applicable State and Federal laws. Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Staff Personnel Services Director, University of California, Agriculture and Natural Resources, 1111 Franklin, 6th Floor, Oakland, CA 94607-5200 (510) 987-0096.