

Nutrition Class

All enrolled participants will receive a bonus gift at each class

Come and learn the basics of:

- * Eating Healthy
- * Being Physically Active
- * Meal Planning
- * Shopping Wisely
- * Handling and storing food safely

When? Tuesday, March 26, April 2, 9, 16, 23, 30, May 7, 14, 2019

Where? San Marino Elementary
6215 San Rolando Way
Buena Park, 90620

Time? 8:15a.m. – 9:45a.m.



University of California
Agriculture and Natural Resources
Nutrition Education

Presented by: Hilda Perez
**from the University of California Cooperative Extension
Expanded Food & Nutrition Education Program**

For more information contact Jessica Rico at 714-228-3280 or Hilda Perez at 949-301-9182 Ext. 1010. If you need any special accommodations, please notify us in advance.

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Yes, I will attend the Nutrition Education class starting on Tuesday, March 26 2019.

Name _____ Telephone _____

Address _____ City _____ Zip Code _____