

CalFresh Healthy Living Presents

# Food Smarts

## Free Nutrition Workshops for Thomas Jefferson Elementary School Parents & Caregivers

- Learn how to plan balanced, tasty meals
- Get simple strategies for eating healthy
- Participate in quick & healthy recipe demos

**When:** Tuesdays | May 11 – June 8

**Time:** 5:00PM – 6:00PM or 6:00PM – 7:00PM

**Where:** Zoom | Link – [bit.ly/gusdcalfresh](https://bit.ly/gusdcalfresh)

Register by scanning the  
QR code with your phone.



Attend 3 workshops & you'll receive a \$15 Target  
or Trader Joe's gift card while supplies last.  
Email [barajaka@ah.org](mailto:barajaka@ah.org) with any questions!



Funded by USDA SNAP, an equal opportunity provider & employer.  
Visit [CalFreshHealthyLiving.org](https://CalFreshHealthyLiving.org) for healthy tips.