

CalFresh Healthy Living Presents

Food Smarts

Free Nutrition Workshops for Cerritos Elementary School Parents & Caregivers

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

When: Mondays | May 10 – June 7

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

Where: Zoom | Link – 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 with any questions!



Funded by USDA SNAP, an equal opportunity provider & employer.
Visit CalFreshHealthyLiving.org for healthy tips.