

CalFresh Healthy Living Presents

Food Smarts

Free Nutrition Mini Course for Parents & Caregivers

Join us **in person** for a free 5-week nutrition mini course! Receive a \$5 Trader Joe's gift card for each class you attend while supplies last.

When: Tuesdays & Thursdays

Time: 9:00AM-9:30AM or 3:30PM-4:00PM

Where: Grandview Library (across the street from the Thomas Jefferson Elementary School Main Entrance)

Address: 1535 5th St, Glendale, CA 91201

July 13 & 15 - Simple Ways to Build a Wholesome Plate

July 20 & 22 - Increasing Whole Grain & Veggie Consumption

July 27 & 29 - Identifying Sources of Unwanted Salt & Sugar

August 3 & 5 - Saving Time & Money with Shopping Strategies

August 10 & 12 - Staying Active & Chronic Disease Prevention

Virtual classes are Tuesdays from 6:00PM-6:30PM (July 13 - August 10).

Zoom Link - <https://bit.ly/gusdcalfresh>

Email Karina Barajas (barajaka@ah.org) with any questions!



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When: Mondays & Wednesdays

Time: 9:00AM-9:30AM or 3:30PM-4:00PM

Where: Horace Mann Elementary School Cafeteria

Address: 501 E Acacia Ave, Glendale, CA 91205

July 12 & 14 - Simple Ways to Build a Wholesome Plate

July 19 & 21 - Increasing Whole Grain & Veggie Consumption

July 26 & 28 - Identifying Sources of Unwanted Salt & Sugar

August 2 & 4 - Saving Time & Money with Shopping Strategies

August 9 & 11 - Staying Active & Chronic Disease Prevention

Virtual classes are Mondays from 6:00PM-6:30PM (July 12 - August 9).

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