



# COUNTY OF YOLO

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**FOR IMMEDIATE RELEASE**  
March 7, 2019

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## National Nutrition Month Classes in March

(Woodland, CA) – March is National Nutrition Month and the Yolo County Nutrition Education program is celebrating by offering two free community nutrition classes to help residents make healthy eating easier and cost-effective. The first class will be held Monday, March 18 from 5:15 to 6:30 p.m., and will cover eating healthy on a budget. The second class will take place on Friday, March 29, from 12:00 to 1:15 p.m., with a focus on simple, easy ways to cook tasty meals. Participants are welcome to register for one or for both classes.

These classes will integrate concepts from the free, online nutrition and recipe resource, [www.Eatfresh.org](http://www.Eatfresh.org). Eatfresh.org is a modern, fun and interactive way to get nutrition information, recipes, cooking tips and other resources. Both classes will feature an eatfresh.org recipe for taste-testing and a free goodie bag for participants which will include cookbooks, meal planning calendars, healthy recipes and other fun nutrition resources.

Can't make it to either class? No problem! Eatfresh.org also has free, online learning modules to help boost your nutrition, grocery shopping and cooking skills. Visit <https://eatfresh.org/eatfreshorg-mini-course> and enter the code "YOLO" to complete one or several learning modules.

These classes are part of the Yolo County Health and Human Services Agency's commitment to providing education and resources that help residents eat fresh fruits and vegetables and live healthier lives. Pre-registration is required by March 17 for the first class and by March 27 for the second class. To register, contact David Linebarger at (530) 666-8429 or [david.linebarger@yolocounty.org](mailto:david.linebarger@yolocounty.org). These classes will be located in the Community Room of the Yolo County Health and Human Services Agency Gonzalez building, located at 25 N. Cottonwood Street in Woodland.

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