

Two Free Nutrition Classes in March!

- **Eating Healthy on a Budget**
- **How to Cook Easy and Tasty Meals**

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

- These classes will integrate concepts from a free online nutrition and recipe resource 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 that will include cookbooks, meal planning calendars, healthy recipes and other fun nutrition resources.
- Can't make it to the classes? No problem! Eatfresh.org also has free online learning modules that to help boost your nutrition, grocery shopping, and cooking skills. You can visit <https://eatfresh.org/eatfreshorg-mini-course> and enter the code YOLO to complete one or several learning modules.



Eating Healthy on a Budget
Monday, March 18th 2019
5:15 – 6:30 pm

How to Cook Easy and Tasty Meals
Friday, March 29th 2019
12:00 – 1:15 pm

Yolo County Health and Human Services
Agency Gonzalez Building
Community Room
25 N. Cottonwood St.
Woodland, CA 95695

To register (required) by March 17th for the first class and by March 28th for the second class:

david.linebarger@yolocounty.org
530-666-8429

Class taught by
Anel Moreno – Health Educator



eatFresh.org