



Cooking with CalFresh Healthy Living

Join us to learn about healthy
eating and cooking healthy
meals!

Every 3rd Thursday at the
Tuolumne County
Enrichment Center!



Nutrition Tip!

Start your meal with veggies. If
you start your meal with a salad or
eat your veggies first, you will feel
full sooner and ensure that you
get valuable vegetable nutrients.

Class Schedule:

Thursdays: 11am-12pm

Cancelled: 12/21/23

1/25/24

2/22/24

3/21/24

4/18/24

5/16/24

6/20/24

For more information contact:

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This material was funded by USDA's Supplemental Nutrition Assistance
Program - SNAP. This institution is an equal opportunity provider.



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Sign Up Here!

(Please write your name & class date)

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