

Plan, Shop, Save, and Cook!

Join us for a 4 class series!



Learn methods
to save money



Learn how to plan
meals



Learn to prepare
healthy meals

Nutrition Facts	
4 servings per container	
Serving size 1 cup (227g)	
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 55mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
<small>*Percent Daily Values are based on a diet of other people's secrets. This information is not intended to be used for general nutrition advice.</small>	

Learn how to read a
Nutrition Facts label

Howard Elementary

13878 Rd 21 1/2, Madera, CA 93637

Join us in the cafeteria

**Thursdays
6-7:30pm**

To enroll contact
MUSD Call Center:
(559) 416-5879

**February 23
March 2
March 9
March 16**



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



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