

# 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			
Serving Size oz, Serving Per Container			
Amount Per Serving			
Calories	Calories From Fat		
		% Daily value*	
Total Fat			%
Saturated Fat			%
Trans Fat			%
Cholesterol			%
Sodium			%
Total Carbohydrate			%
Dietary Fiber			%
Sugars			
Protein			
Vitamin A	%	Vitamin C	%
Calcium	%	Iron	%

Learn how to read a  
Nutrition Facts label

## Alpha Elementary School

900 Stadium Rd, Madera, CA 93637



October 27  
November 3  
November 10  
November 17

Thursdays  
8am-9:30am

To enroll **Click HERE** or  
contact MUSD Call Center:  
(559) 416-5879



UNIVERSITY OF CALIFORNIA  
Agriculture and Natural Resources



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