

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*

Learn how to read a
Nutrition Facts label

James Madison Elementary School

109 Stadium Rd, Madera, CA 93637



October 21
October 28
November 4
November 18

Fridays
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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