

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	%
Calcium	%
Vitamin C	%
Iron	%

Learn how to read a
Nutrition Facts label

Millview Elementary School

1609 Clinton St. Madera, CA 93638



October 25
November 1
November 8
November 15

Tuesdays
9:00 AM - 10:30 AM

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

