

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 5g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%
*Percent Daily Values are based on a   used for general nutrition advice.	

Learn how to read a
Nutrition Facts label

Virginia Lee Rose Elementary

1001 Lilly St, Madera, CA 93638

Join us in the Media Tech Room

Wednesdays
6-7:30pm

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

February 15
February 22
March 1
March 8



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP, California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program - USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit the CalFresh Healthy Living website. The University of California Division of Agriculture & Natural Resources (UC ANR) is an equal opportunity provider.

¡Planear, Comprar, Ahorrar y Cocinar!

¡Únete a una serie de 4 clases!



Aprenda métodos
para ahorrar dinero



Aprenda a planificar
sus comidas



Aprenda a preparar
comidas saludables

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 35mg	12%
Sodium 350mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 300mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Aprenda a leer la etiqueta
de información nutricional

Virginia Lee Rose Elementary

1001 Lilly St, Madera, CA 93638

Acompáñenos en el salon de tecnología

**miércoles
6-7:30pm**

15 de febrero

22 de febrero

1 de marzo

8 de marzo

Para inscribirse llame
al Centro De Llamadas
MUSD: (559) 416-5879



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Este material se desarrolló con fondos proporcionados por el Supplemental Nutrition Assistance Program (SNAP en inglés) del Departamento de Agricultura de los EE.UU. (USDA siglas en inglés). CalFresh Healthy Living de California, con fondos del Programa de Asistencia para Nutrición Suplemental (SNAP) del Departamento de Agricultura de los Estados Unidos (USDA), produjo este material. Estas instituciones son proveedores y empleadores que ofrecen oportunidades equitativas. Para obtener información nutricional importante, visite CalFresh Healthy Living website. La División de Agricultura y Recursos Naturales de la Universidad de California (UC ANR) es un proveedor que ofrece oportunidades por igual a todos.