

Plan, Shop, Save, and Cook!

Join us for a 4 class series!



Learn methods to save money



Learn to prepare healthy meals



Learn how to plan 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 35mg	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%

*Percent Daily Values are based on a diet of other people's secrets. The amount shown is only a guide. © 2017 Nutrition Facts.

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**

**February 15
February 22**

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

**March 1
March 8**



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources



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