

# Eat Healthy Be Active

Brought to you by Sutter County Public Health-CalFresh Healthy Living Program

## Nutrition Education Classes 5-week series, learn how to:

- Build a Healthy Plate 8/23/22
- Plan Healthy Meals 8/30/22
- Shop on a Budget 9/06/22
- What's on a Label 9/13/22
- Rethink Your Drink 9/20/22

**Cooking demonstrations and  
taste-testing of healthy recipes  
at each class!**

When: Tuesdays

Time: 6pm-7pm

Location:

Sutter County Public Health  
1445 Veterans Memorial Circle  
Yuba City, CA 95993



Space is limited,  
please call to RSVP  
(530) 822-7215

Children are welcome



Funded by USDA SNAP an equal opportunity provider and employer. Visit [CalFreshHealthyLiving.org](http://CalFreshHealthyLiving.org) for healthy tips.