



FREE Nutrition Class for San Mateo County IHSS Providers!

Join our registered dietitian Anna in a free virtual class and learn how to eat well, prepare tasty meals and reduce food waste.

If you are a resident of San Mateo County, you receive free \$6 farmers' market vouchers for every class you attend!

Class # and Topic	#1 How to Cook Healthy and Zero Waste Meals	#2 How to Understand Nutrition Labels	#3 How to Store Foods Properly
Date/ Time	Thursday, May 13th 2-3pm, English	Thursday, May 20th 2-3pm, English	Thursday, May 27th 2-3pm, English
Register via link	bit.ly/cookingLP1	bit.ly/cookingLP2	bit.ly/cookingLP3

For more information or questions, contact Stacy Goldsby at (650) 241-5874 or sgoldsby@smcgov.org



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COUNTY OF SAN MATEO

