



the
3ps
 of Healthy Eating
 ...**On a Budget!**

Join Nutrition Services at our... Spring Workshop



**Wednesday,
 February 25, 2009**

Registration begins
 at 8:30 a.m.

Program from
 9:00 a.m. - 12:00 p.m.

Jack London Aquatic Center
 115 Embarcadero
 Oakland, CA 94608

We all need help stretching our food dollars...while still eating healthy. Our next workshop will help you better understand how to **Plan, Purchase** and **Prepare** meals...that are healthy and maximize our shopping dollars.

We will provide innovative tips and tools that you can use to help spread the word throughout Alameda County about **healthy eating...on a budget.**

Please email or fax your registration form in today!

plan

purchase

prepare

Registration Form - Please Print

Name _____ Phone _____

Organization _____

Organization Address _____
 Number and Street City Zip code

Email _____

Please complete the form and fax it to Nutrition Services at 510.595.6486. Or, email the information above to gail.wax@acgov.org with **3Ps Workshop** in the subject line. If you have any questions regarding registration contact Gail Wax at 510 595-6485.

Healthy Living
...for life!