

# Plan, Shop, Save, Cook

Join us for a **free** series where we will learn to:



Plan meals ahead



Save money at the grocery store



Understand food labels



Cook healthy meals and snacks



Find trustworthy recipes and resources online



This program is funded by USDA's Supplemental Nutrition Assistance Program and Iowa State University Extension and Outreach.

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The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more visit [dhs.iowa.gov/food-assistance](https://dhs.iowa.gov/food-assistance).

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