



# Tillamook

OSU Extension Service Presents

# Plan, Shop, Save & Cook



**Saturday from 9-10 am**  
**February 15 March 1, 15, and 29**

4506 3rd Steet Tillamook, Oregon 97141

**A Free 4-session series**  
**to learn how to save**  
**money and cook**  
**healthier meals**



**To Register** email Galena Flores,  
[Galena.Flores@Oregonstate.edu](mailto:Galena.Flores@Oregonstate.edu)  
or call OSU Extension Office at  
503-842-3433

Register by February 5th.



Oregon State  
University



Session Topics:

1. Meal Planning & Grocery Lists
2. Understanding Food Labels
3. Saving Money on Grocery Shopping
4. Cooking a Simple, Low Cost, Healthy Meal

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer. Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service are Equal Opportunity Providers. Accommodation requests related to a disability or dietary restriction should be made by February 5th to Galena Flores by calling (503)842-3433