

# Noon Workshop: Eating Healthy on a Budget



If you're working with a tight budget, you'll be happy to know that shopping for healthy foods can actually help you save money at the supermarket. This class will show you how to cut your weekly food bill by purchasing fewer processed snack foods, buying produce in season, using inexpensive protein, and other tips for eating healthy on a budget. This free class will be held on:

**DATE**  
**TIME**  
**LOCATION**

Presented by Karen Mangum, Idaho Nutrition Consultants, LLC.