



According to the USDA, the average allowance per person who receives a food supplemental income is \$124.93 per month which equates to roughly \$4 per day for food. Because this is such a limited budget, we thought it would be prudent to offer a workshop that teaches folks how to eat healthy with limited means.

This workshop will include information on

- how to shop for low cost foods,
- friendly substitutions for foods that are generally more expensive,
- meal planning, and
- helpful recipes that fit within the budget of \$4/day.

For more information or to schedule a workshop, please contact:

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