



WSU Food Sense Program

This program will be held each Monday and Friday for a three week period.

Who: This program is an excellent resource for individuals or families who receive food stamps and are searching for better ways to budget and for better eating habits.

What: The Food Sense Program is funded by a collaboration of the USDA Food Stamp program and Washington State University.

When: This program will be held on Monday and Friday and will last approximately three weeks. Class will be held from 11:00 a.m. - 12:00 p.m.

Where: Food Sense will be held in the T-Roc room at the Tacoma Community Justice Center.

Why: This class will help participants to make better choices in the food that they consume. The class will also help families on a tight budget with little time to prepare meals to make good choices.

Topics Covered: Physical Activity, Topics include: whole grains, fruits and vegetables, fast food, physical activity, eat well, shop smart, and a host of other interesting topics. Please send referrals or questions to: kabulman@doc1.wa.gov Thank you.

Participants will receive a cook book upon culmination of the course.