

Meal Planning  
on a Budget

March 20

from 1 PM – 2 PM

Westernport Library



Stress Management for  
Balanced Living  
April 18 from  
10:30 AM – 11:30 AM  
Frostburg Library



# Nutrition Class:

## Meal Planning on a Budget

**Thursday, Feb. 6 from 1:30 PM – 2:30 PM**  
**George's Creek Library**

- Would you like a roadmap to delicious, nutritious meals?
- Join us for practical tips and budget-friendly recipes to stretch your food dollar without compromising on flavor or nutrition?
- Learn smart shopping tips and tools to plan and cook healthy meals.
- Take control of your food budget while enjoying satisfying, home-cooked meals.



Allegany County  
HEALTH DEPARTMENT  
"Healthy People, Healthy Communities"



OUR LIBRARY  
OUR LIBRARY



Registration for each class is appreciated, but not required.

**301-463-2629**

**[www.alleganycountylibrary.info](http://www.alleganycountylibrary.info)**

Classes taught by Allegany County Health Department's Nutritionist, Theresa Stahl, RDN, LDN, FAND. Theresa is a fellow of the Academy of Nutrition and Dietetics and is certified in mind-body medicine and chair yoga. She is the author of the book, *I'm Full: Remindful Eating Tips to Feel Great and Make Peace with Your Plate*.