



# Smart Eater's

## LIFE SKILLS SERIES

**FREE LUNCH\***  
**FREE PRIZES**  
AT EVERY WORKSHOP

Come learn about nutrition, meal planning, budgeting, cooking, and more in this dynamic 3-part workshop series!

RSVP HERE: <https://scout.eee.uci.edu/s/smarteaters17>

### EAT SMART

Learn about basic nutrition & healthy eating on a budget.

#### SERIES 1

4/10

DOHENY  
BEACH B

#### SERIES 2

5/8

DOHENY  
BEACH B

### SPEND SMART

Learn the basics of financial budgeting & meal planning.

4/18

DOHENY  
BEACH B

5/16

EMERALD  
BAY DE

### COOK SMART

Learn about cooking, food safety, and basic kitchen skills.

4/26

DOHENY  
BEACH CD

5/24

DOHENY  
BEACH B

**ALL WORKSHOPS ARE HELD FROM 12PM-1PM**

QUESTIONS?: NATALIE D'AZZO | (949) 824-2296 OR [NDAZZO@UCI.EDU](mailto:NDAZZO@UCI.EDU)

\*LIGHT LUNCH PROVIDED WHILE SUPPLIES LAST