

April 13, 2017



Making Every Dollar Count
Nutrition Educator Agreement

The University of California Cooperative Extension UC CalFresh Nutrition Education Program is pleased to offer your agency/school our nutrition education program. UC CalFresh representative **Bea Ramirez** agrees to teach a **four session** series of classes from the **Making Every Dollar Count** curriculum. Classes will be taught in the **Spanish** language at **Highland High School, 2900 Royal Scots Way, Bakersfield, CA 93306**. School/Agency contact: **Antonio Vargas (661-872-2777)**

Dates and times of classes are as follows: **Wednesdays**

<u>Date and Time</u>	<u>Subject</u>
1. May 31, 2017, Wednesdays @ 6:00 p.m.-7:00 p.m.	Setting Goals
2. June 7, 2017, Wednesdays @ 6:00 p.m.-7:00 p.m.	Making Choices
3. June 14, 2017, Wednesdays @ 6:00 p.m.-7:00 p.m.	Stretch Your Money Using: Personal and Community Resources
4. June 21, 2017, Wednesdays @ 6:00 p.m.-7:00 p.m.	Saving Money on Food & Food Advertising

If there is any change in the schedule, the Nutrition Educator will personally contact the school/agency representative as soon as possible. If you need further information, please call the Nutrition Educator at (661) 868-6234, or I may be reached at (661) 868-6214.

Sincerely,

A handwritten signature in cursive script that reads "Jan Gillespie".

Jan Gillespie
Adult Nutrition Supervisor
UC CalFresh/EFNEP

JG:ch



Making Every Dollar Count



Overview of Lessons

- **Setting Goals:** Learn how to identify your personal values and beliefs and practice setting your goals.
- **Making Choices:** Learn the difference between your needs and your wants.
- **Stretch Your Dollars:** Discover your personal options to Stretch your money and learn how to identify the local community resources to help your family.
- **Saving Money on Food:** Learn techniques to help you spend less money on food.
- **Food Advertising:** Learn how advertisements influence food cost.



“Helped me see some tools I knew but wasn’t thinking about when stressed about money.”

-UC CalFresh Participant

Classes will be held: Wednesdays

Place: Highland High School, 2900 Royal Scots Way, Bakersfield

Date: May 31, June 7, 14, 21, 2017

Time: 6:00 p.m. - 7:00 p.m.

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Haga Rendir Su Dinero



Resumen de Lección :

- **Fijándose Metas:** Aprenda a identificar sus valores y creencias y practique fijándose metas.
- **Tomando Decisiones:** Aprenda la diferencia entre necesidad y deseo.
- **Haga Rendir Su Dinero:** Descubra sus recursos personales para que le ayuden a estrechar su dinero y aprenda como identificar recursos comunitarios para su familia.
- **Ahorre Dinero en Alimentos:** Aprenda técnicas que le ayudaran a gastar menos en comida.
- **Publicidad de Alimentos :** Aprenda como los anuncios afectan el costo de la comida.




“Me ayudo a ver herramientas que puedo utilizar cuando estoy estresada sobre el dinero”

-Participante de UC CalFresh

Clases Serán: Miercoles

- O : Highland High School, 2900 Royal Scots Way, Bakersfield
- 7 : 31 de Mayo, 7, 14, 21 de Junio del 2017
- = : 6:00 p.m. - 7:00 p.m.

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