

SOUTHERN MARYLAND

WBR Wellness Reset



Shopping & Cooking on a Budget

March 12, 2025
&
April 16, 2025 @ 6-7pm

Where: Lexington Park Library - St. Mary's County, MD

If you need a reasonable accommodation to participate in any event or activity, please contact your local University of Maryland Extension Office.



FOR MORE INFORMATION,
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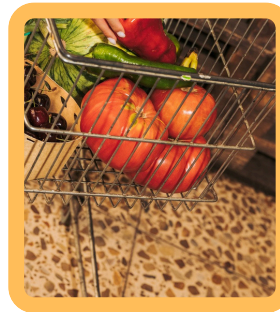
Program Title: Shopping & Cooking on a Budget

Description: Learn how to make the most of your resources with practical tips for shopping smart and cooking delicious, nutritious meals without breaking the bank. This program is designed to help participants develop essential skills such as meal planning, budget-friendly grocery shopping, and preparing simple, healthy recipes. Whether you're a student, a professional, or anyone looking to save money in the kitchen, this course will empower you to eat well while staying within your budget.

Key Learning Outcomes:

- **Understand** how to plan meals effectively to minimize waste and maximize savings.
- **Discover** strategies for identifying cost-effective grocery options.
- **Master** techniques for preparing healthy and satisfying meals with affordable ingredients.
- **Explore** ways to stretch your food budget without sacrificing quality or taste.

This interactive program includes practical demonstrations, budget planning exercises, and access to easy-to-follow recipes. Perfect for individuals or families seeking to eat smarter and save money!



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