

# Want help saving money and wasting less?



Join us for **FREE**

## Food Waste Reduction Workshops

In this 3-class series, you will learn how to store and preserve foods, make good use of leftovers and food scraps, the basics of composting, and more!

**To Reserve your Seat:**

Call 925-771-2990 or Sign-up online at  
[sanmateoadulted.org/programs/community-classes/community-health/](http://sanmateoadulted.org/programs/community-classes/community-health/)

**Wednesdays from 6:30pm- 8:00pm**

San Mateo Adult School | Student Lounge, Room 32  
789 E Poplar Ave • San Mateo

**Feb 19th:** Where's the Waste?

**Feb 26th:** Food Preservation and Storage

**March 4th:** Is It Trash?

**Receive \$6 in farmers market vouchers for each class you attend!**

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