

Press Release

Event: **Healthy Eating on a Budget**

Date/Time: Tuesday, September 4, 2:00 PM -3:00 PM

Contact:

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UConn's Health Husky Smart Shopping Program will be at the Library on Tuesday, September 4 from 2-3 PM to discuss how to make your money stretch further and your food last longer! Get the latest tips on choosing better quality foods at the supermarket even when the budget is tight.

This seminar is free to attend and registration is required.

To register or for more information regarding the event, please contact Madhu Bajaj Gupta at 860-447-1411 x5, [mgupta@plnl.org](mailto:mgupta@plnl.org) or go to the library's website at [www.plnl.org](http://www.plnl.org).