



*You're Invited to Hear About*  
*How to Eat Well on a Limited Budget*  
*How to Stretch Your Grocery Dollars*  
*How to Get More SNAP Benefits*  
*(Supplemental Nutrition Assistance Program)*

**February 9, 2021 @ 11:00 AM**  
**Dallas Public Library Zoom Meeting**

**Register:**

- Chef's Tips and a Demonstration on How to Eat Well and Shop Economically
  - Grocery Gift Card Raffle

*A SNAP benefits Navigator will be available to answer your questions and arrange for interested seniors to apply for SNAP.*