



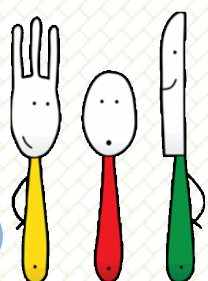
YOU ARE INVITED!

Come to our

Community



*Budget
Friendly
Meal
Planning*



Kitchen

*Label Reading
101*

Cooking

&

Nutrition

Classes

Wed & Thurs

Evenings 6:00 – 8:30

*International
Cuisine*

*Kid Friendly
Meals*

*Using
Herbs & Spices*

*Nutritious
Homemade
Artisan Bread*

*Mastering
Casseroles,
Soups, Stews &
Salads*

Cooking for One

*Exploring
Local Foods*

*Singles &
Seniors
Meal Prep*

Gluten Free

