



Source: www.foodista.com

Every Day Healthy Choices Free Family Cooking Classes!

Learn to make healthy food choices and nutrition facts!

Learn to cook tasty and fun recipes with your kids!

Opportunity to win some cool drawing prizes!

Learn about resources to keep your family healthy!

Opportunity to win prizes when you attend 3:45pm-5:15pm

Tuesday, February 12th Subject: Know your Nutrients Presenter: Deyssi Jimenez	Recipe: Spanish Chickpea Soup	Tuesday, April 9th Subject: Food Label Detectives Presenter: Nora Ortiz	Recipe: Chinese Fried Rice
Tuesday, February 26th Subject: Happy Healthy Teeth Presenter: Johnny Augustin	Recipe: Spiral Sandwiches	Tuesday, April 23rd Subject: Rethink Your Drink Presenter: Juan Valencia	Recipe: Crispy Taquitos
Tuesday, March 12th Subject: Media Addiction Presenter: Paola Hernandez	Recipe: Colorful Tortilla soup	Tuesday, May 14th Subject: Starting your Spring Garden Presenter: Health & Wellness Staff	Recipe: Party Snake Sandwich
Tuesday, March 26th Subject: Every Day Spirit Presenter: Betty Mendez	Recipe: Greek Salad with Chicken	No Family Cooking Class in June	

Kids Cooking Camp Coming up June 3rd-7th!



Please call Nora Ortiz to register
as spaces are limited.
661-837-3720

