



Join us for a cooking and nutrition class using fresh produce from the garden! Learn how simple fresh ingredients from your backyard can create healthy meals for your family!

COOKING MATTERS

with Michelle Harris, MS, RD

In this fun and interactive class, participants will learn how to:

- ★ Prepare enticing food from the garden
- ★ Use nutrition information to make healthier choices and cook delicious, affordable meals
- ★ Include their children in harvesting and prepping meals for the garden

THURSDAY, AUGUST 30
5:15 - 7:15PM

at the
Dunsmuir Community Resource Center, 5844 Dunsmuir Avenue, Dunsmuir

Dinner and child care are provided! To register, please call 235-4400.

About our Facilitator:
Michelle Harris has been a registered dietitian and nutrition educator for over 15 years. Her passions include engaging people of all ages to make nutrition and their health a priority.

