



Join us for a cooking and nutrition class using fresh produce and learn how simple, nutritious, and affordable ingredients can create healthy meals for your family!

COOKING SMART

with

Michelle Harris, MS, RD

In this fun and interactive class, families will learn:

- ★ How to prepare balanced meals
- ★ When foods are in season
- ★ Save time and money when cooking
- ★ How to save money at the grocery store

WEDNESDAY, MAY 1ST
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.

