



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

COOKING SMART

with

Michelle Harris, MS, RD

Families will learn:

- ★ How to select foods that are healthy choices
- ★ How to discover the amount of sugar in beverages
- ★ How to incorporate fresh garden produce into meals and snacks

TUESDAY, JULY 30TH
5:30 - 7:30PM

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.

