



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:

- ★ Save money at the grocery store and farmer's market with meal planning
- ★ Decrease food waste and meal planning stress
- ★ Create energy-filled breakfast and lunch meals

THURSDAY, SEPT 19TH
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.

