



FREE Cooking & Nutrition Course!

Topics include:

- Cooking simple, healthy meals
- Package labels and food storage dates
- Healthy fats, whole grains and fresh produce
- Menu planning, shopping and budget tips
- Safe food-handling techniques



*Attend all 5 sessions and receive
a free box of VEAP produce*

Date: Thursdays, September 20, 27; October 4, 11, 18

Time: 12:00 p.m. - 2:00 p.m.

Location: VEAP/NEAT Kitchen

Free childcare available!

Call VEAP 952.388.6405 or email NEAT@veap.org

NEAT
Nutrition Education And Teaching

Classes offered through

UNIVERSITY OF MINNESOTA
EXTENSION