

CREATE

FREE!
Children
welcome to
attend.

FREE COOKING CLASSES ON CREATING
DELICIOUS MEALS FROM SCRATCH



Thursday, February 18, 2016 - 11:00 a.m. - 12:00 p.m.

Provo Employment Center • 1550 N. Freedom Blvd. (200 W.) • Provo

Healthy Eating on a Budget

**Come learn about meal planning.
There will be a cooking demonstration, fun giveaways and helpful tips for
saving time and money while eating healthy.**

This material was funded by USDA's Supplemental Nutrition Assistance Program. Utah State University is an affirmative action/equal opportunity institution.

extension.usu.edu/foodsense



Workforce Services • jobs.utah.gov

Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities by calling 801-526-9240. Individuals with speech or hearing impairments may call the Relay Utah by dialing 711. Spanish Relay Utah: 1-888-346-3162.