

# *Let's Cook and Learn Together*

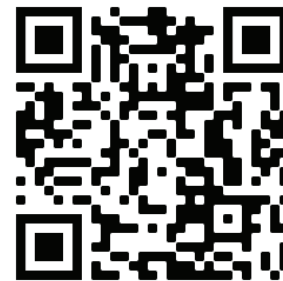
Food is important for your health. Join us and your community to learn more about healthy foods, where to find them and how to prepare them.

## What to expect

- Education on healthy eating, stretching food dollars, and being physically active.
- Cooking demos and cookware giveaways.
- Local food resources.

**Attend all sessions to be eligible for additional giveaways.**

**Online and In Person Classes Available**  
**Register here: <https://bit.ly/3hrTINX>**



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