

COOKING WITH LESS

These classes are primarily for those who qualify for WIC or SNAP benefits. Find out how to make your food dollars stretch. We will make healthy, easy recipes. Topics will include using fresh produce, healthy snacks, and menu planning. There will be interactive food demos, taste sampling, games, and prizes. These classes are free. Pre-registration is greatly appreciated. **To register** please call the food shelf 507-725-3677 and let Jenny or Barb know which class dates you plan to attend.

Dates & Times of Classes:

Tuesday July 22nd 2:00-3:00 PM

Tuesday July 29th 2:00 -3:00 PM

Tuesday August 5th 2:00-3:00 PM

Tuesday August 12th 2:00-3:00PM

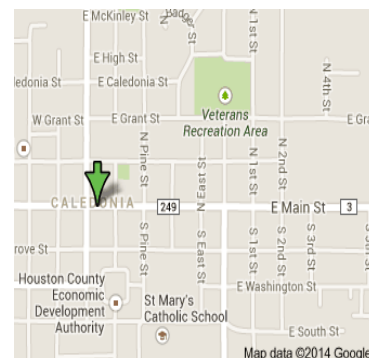
NO CLASS TUESDAY AUGUST 19TH

Tuesday August 26th 2:00-3:00PM



Location:

SEMCAC Food Shelf
138 E Main St
Caledonia, MN 55921
Phone 507-725-3677



Annette Shepardson
SNAP-ED Educator
Health & Nutrition
University of MN Extension
202 W 3rd st
Winona, MN 5597
shepa063@umn.edu

SEMCAC FOOD SHELF 138 E MAIN ST CALEDONIA, MN 55921

