CREATE

FREE!

FREE COOKING CLASSES ON CREATING DELICIOUS MEALS FROM SCRATCH

Wednesday, December 2, 2015 - 10:30 a.m. - 12:00 p.m.

Lehi Employment Center • 557 W. State St. • Lehi, Utah

Healthy Eating on a Budget

Come learn about meal planning and helpful tips for saving time and money while eating healthy.

There will be a cooking demonstration and fun giveaways!

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

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Veteran

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.