CREATE

FREE!

FREE COOKING CLASSES ON CREATING DELICIOUS MEALS FROM SCRATCH

Tuesday, July 26, 2016 - 10:30 a.m. - 12:00 p.m.

Spanish Fork Employment Center • 1185 N. Canyon Creek Pkwy. • Spanish Fork

Healthy Eating on a Budget

We will learn about meal planning and have 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

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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.