

DIY FOOD WORKSHOPS

HEALTHY LUNCH BOX

TUESDAY, AUGUST 26TH

5:00 TO 7:00 PM

FIRST 5'S FAMILY RESOURCE CENTER
494 PACIFIC AVENUE

ARE YOUR KIDS TIRED OF THE SAME LUNCH EVERY DAY? DO YOU RELY ON PROCESSED LUNCH KITS? WOULD YOU LIKE TO LEARN EASY WAYS TO PACK HEALTHY LUNCHES?

JOIN SUNNY BAKER, SNAP-ED NUTRITION EDUCATOR, AND MEGAN VANGORDEN, FIRST 5 SERVICE CORPS VISTA, FOR A HANDS-ON, FREE HEALTHY LUNCH BOX WORKSHOP.

CHILDREN 7 YEARS OLD AND UP ARE WELCOME TO JOIN THEIR PARENT. NO MORE THAN TWO CHILDREN PER ADULT, PLEASE.

CALL 707 464-0955 EXT. 2109 FOR INFORMATION OR TO RSVP.

DIY FOOD WORKSHOPS PRESENTED BY:



WITH SUPPORT FROM:

