



Food, Fun and Family

TUESDAYS & THURSDAYS
JULY 16 – AUG. 4, 2015
11 A.M. – 1 P.M.

Six classes to help your family eat better

Learn about kitchen safety, creating a healthy plate, menu planning, label reading, smart shopping and have fun! Taught by Kelley Kyle and Laura McEwen, MS, RD.

OTHER FEATURES INCLUDE:

- Food Sampling
- Free Cookbooks
- Resource Binder

Classes are free.
Space is limited.
Register soon!

.....
Children 8 and older welcome with adult.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.

The MGC
Multi-Generational Center
 2280 Newburg Road
 Fortuna, CA 95540

To register: 707- 441-5567 or mpostman@co.humboldt.ca.us



The County does not discriminate on the basis of disability in services, programs, activities, or employment. Persons with disabilities requiring special assistance or accommodations should call 707-268-2132.