

FREE FAMILY COOKING CLASS!



Join The Food Trust at the Reading Public Library for a **FREE** nutrition and cooking workshop that includes:

- Low-cost Cooking Ideas
- Tasty Nutrition Tips
- Cooking and Food Tastings
- Free Kitchen Giveaways!

When: Monday, March 18th
Time: 5:30 PM — 6:30 PM
Where: Reading Public Library
Cost: FREE



For more information please contact Caitlin Pfeifer at cpfeifer@thefoodtrust.org

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider. To find out how SNAP can help you buy healthy foods, contact the DHS toll-free Helpline at 800-692-7462.