

# 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, May 6<sup>th</sup>  
**Time:** 5:30 PM — 6:30 PM  
**Where:** Reading Public Library  
**Cost:** FREE



For more information please contact Caitlin Pfeifer at [cpfeifer@thefoodtrust.org](mailto:cpfeifer@thefoodtrust.org)

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