



MINNESOTA'S FREE FOOD BANK

United Way of
Washington County - East



Grocery bills breaking the bank?

Learn how to save money on groceries
AND eat healthy with the new
Healthy Body ~ Healthy Budget class!

When:

Evening class series:

*Tuesday evenings 6-7:30 PM July
13th, 20th & 27th*

Daytime class series

*Monday mornings 9-10:30 AM
Sept 27, Oct 4th and 11th*

Where:

Community Thread
2300 W Orleans Street

Who:

Anyone interested in:

- Saving money on groceries
- Healthy recipes
- Cooking tips
- Adding whole grains
- Getting calcium-rich foods
- Finding fruits and veggies

Taste great recipes and get great giftsjust for participating!

Class 1: Gift certificate for a *Fare For All* vegetarian pack

Class 2: Fun cooking utensils

Class 3: Cub gift card to buy ingredients for one meal



Class is FREE and space is limited, so sign up today!
Register with the United Way of Washington County-East;
651-439-3838; info@uwwce.org

Instructor: Katie Wahl, RD, Emergency Foodshelf Network; 763.450.4207

Stillwater, MN 55082
651-439-7434