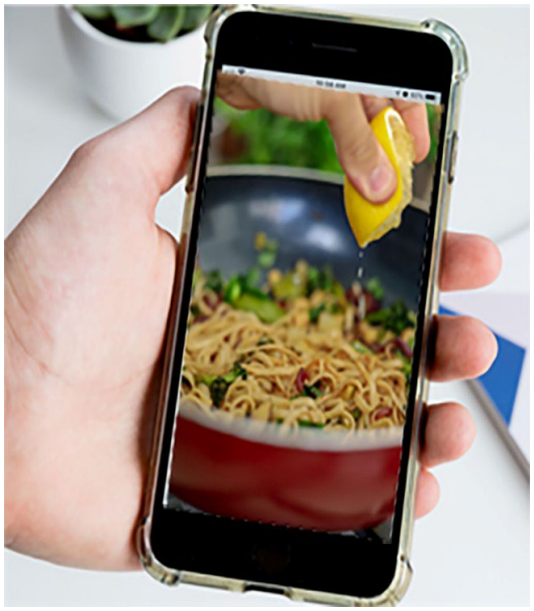
Extension
Nutrition Connections

CREATE BETTER HEALTH SNAP-ED

CST residents!
Let's Cook Together!

Join Christine Parshall from UNH Nutrition Connections for a fun workshop! Learn to explore ways to use foods you have on hand to create a variety of flexible, healthy meals.



In this workshop we will make:

Teriyaki Lettuce Wraps

Keene Housing
COMMUNITY CONNECTIONS

Friday, August 12
12:30-2:00
In the CST Parlor Room

To sign up: Contact Karen Graveline in the Community Connections office or at 603-283-5465. Advance registration preferred but is not necessary. (To plan for food.)

The University of New Hampshire Extension is an equal opportunity educator and employer. UNH, U.S. Department of Agriculture, and New Hampshire counties cooperating. USDA is an equal opportunity provider and employer. The preparation of this document was financed under a contract with the State of New Hampshire, Department of Health and Human Services. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and USDA's Expanded Food and Nutrition Program, EFNEP. 01/2022

Language assistance is available upon request at no cost. For persons with disabilities requiring special accommodations, please contact Christine Parshall at 603-331-4793 within 7 days of class so proper consideration may be given to the request.

Remove by: 08/13/2022