



**INTERFAITH
ACTION** OF GREATER
SAINT PAUL
DEPARTMENT OF INDIAN WORK

Healthy Cooking Demonstrations



Department of Indian Work will be offering healthy cooking demonstrations and recipes to food shelf participants, using foods offered in our food shelf.

TUESDAYS

11:30 - 1:30 PM

SEPT. 22, 29 OCT. 13, 27

NOV. 17 DEC. 8

There will be a **raffle prize** for participation in food tasting and filling out a survey.

Schedule your monthly visit to our food shelf to take part in this **new** opportunity!

DEMONSTRATORS

SNAP-Ed Nutrition Educator
DIW Diabetes Coordinator

LOCATION

Department of Indian Work
Interfaith Action of Greater Saint Paul
1671 Summit Avenue
Saint Paul, MN 55105

CONTACT

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