

Cooking Healthy for your Family

Eat Well. Live Well.

12:00 – 2:30 p.m. on the following Saturdays in Spring 2015:

May 2

May 9

May 16

May 23

May 30

June 6

Washington Parks & People's Riverside Healthy Living Center

601 Division Ave. NE, Washington, D.C. 20019

(near Nannie Helen Burroughs Avenue, NE)



Attention Ward 7 residents— you are welcome to attend this **FREE** six-week workshop and learn how to plan healthy meals for you and your family! The Expanded Food and Nutrition Education Program (EFNEP) provides education to low-income women with young children. Topics include: nutrition, daily meal planning, food safety, hands-on cooking, and equipment care. This program is sponsored by the Center for Nutrition, Diet and Health of the College of Agriculture, Urban Sustainability and Environmental Sciences, the University of the District of Columbia, and brought to you in partnership with Washington Parks & People.

Contact Chef T at thenson@udc.edu or (202) 495-9473 to register. For more information on CAUSES, visit www.udc.edu/causes.