

VETERANS

COOKING & NUTRITION WORKSHOP

Tuesdays, March 13 – April 17

9:30 – 11:30 a.m.

To sign up call (415) 221-4810, ext. 3350

This class is for Veterans who:

- **Can attend for all 6 weeks**
- **Have a kitchen**
- **Want to learn new skills**
- **Would like to eat healthier**
- **Want to eat well on a budget**
- **Are first-time attendees**



Sponsored by Nutrition & Food Services