

COOKING & NUTRITION

Informative & Fun Classes for the Community

One World Spokane Kitchen

1804 E Sprague Ave 509-270-1608

www.oneworldspokane.org

Cost: by donation. Course Certificate.

Everyone Welcome



Got Dairy? Healthy Smoothies & Calcium Alternatives *June 23rd 6.00-8.00 pm*

Lean Protein for Health!
Easy skillet meal & Portion Control *June 30th 6.00-8.00 pm*

Veggies. What Color is Best for You ? Quick Chili *July 7th 6.00-8.00 pm*

The Fascination of Fruit. Fruit Salad & all its wonder *August 4th 6.00-8.00 pm*

Whole Grains vs Refined Grains ! Cabbage rolls *August 11th 6.00-8.00 pm*

Think What You Drink & Truth behind Fast Food.
Healthy Crispy Chicken *August 18th 6.00-8.00pm*

Good Oils plus Food Safety & How to Freeze Food *August 25th 6.00-8.00 pm*