



The Learning Kitchen is a FREE program designed to give you the skills to make nutritious snacks and meals.

Each week you will get to **cook** some recipes, **sample foods** and **discuss** a health or nutrition related topic.

There are 6 classes in this free series. Sign up below!

Healthy Eating Plans for Diabetes, Heart Disease, Hypertension

Classes will take place: Jacksonville Municipal Center Jacksonville, VT

11:00am - 1:00pm Wednesday March 7, 14, 28 & April 4, 11, 25

Join Deerfield Valley Chef Robin Stenner-Anderson, Diabetes Educator Jill Robart RN, Librarian Kristine Sweeter & SASH Coordinator Marianne Almeda for this fun, educational and interactive series.

For more information, contact:

SASH Coordinator Marianne Almeda 464-0438

Librarian Kristine Sweeter 368-7506

 Yes! I am interested in participating in The Learning Kitchen.

Name: _____

Phone number: _____ **Email:** _____

Return this sign-up form to: _____

Parent Signature (if youth program): _____

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This material was funded by USDA's Supplemental Assistance Program – SNAP, an equal opportunity provider and employer.





What: Fun, hands-on cooking and nutrition classes!

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Where: Jacksonville Municipal Center Jacksonville, VT

For more information, or to sign up, contact:

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Librarian	Kristine Sweeter	368-7506

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