

Please Join Us!

Cooking for One or Two on a Budget



Eat Well, Spend Wisely: Budget-Friendly Solutions!

In this **cooking demo**, you'll learn to make the most of your grocery budget while planning healthy meals for smaller households.

Wednesday, May 8

9:30 a.m.

@ MOW of

Lamoille County



Call Michelle at 802-479-7524 to RSVP!

