

September Cooking Classes

This month's recipes: Three Sisters Wild Rice Salad, & Vegan Pumpkin Spice Ice Cream

Wednesday, September 11th

12:00—1:00pm

Nett Lake ENP

Thursday, September 12th

12:00—1:00pm

Vermillion Social Center

Come join us for lunch, learn about healthy cooking and eating, and take home a delicious recipe to share with your family!

Please contact: Becca at 757-3295 by Monday, September 9th to reserve your spot as food is bought ahead of time

Sponsored by the Bois Forte Community Nutrition Program and the Statewide Health Improvement Partnership, Minnesota Department of Health. The Bois Forte Community Nutrition Program is funded by a grant from the USDA and is designed to help people choose, prepare, and maintain a healthy diet.