



PARTNER COOKING DEMOS

at the Flint Farmers' Market
12:30 pm • March–May 2016

FOCUS = NUTRITION & LEAD

Everyone who attends receives a guide and recipe set to help your family prevent lead poisoning

Saturday, March 19	Michigan Bean Salad
Thursday, March 24	Veggie Loaded Burgers
Tuesday, March 29	Brussel Sprout Hash and Eggs
Thursday, April 7	Apple, Carrot and Raisin Salad
Saturday, April 16	Tomato Scrambled Eggs
Thursday, April 21	Fish Sliders
Tuesday, April 26	Oven Fries
Thursday, May 5	Best Tomato Sauce
Tuesday, May 10	TBA
Thursday, May 19	Chicken Penne
Saturday, May 21	Quick Skillet Lasagna
Tuesday, May 24	TBA

OFFERED BY:

Hurley Wellness Services and Michigan State University Extension, along with Chef Sean Gartland, Culinary Director, Flint Food Works

MICHIGAN STATE UNIVERSITY | Extension



Get Healthy! Call 844.WELL4ME (844.935.5463) | hurleymc.com