



PARTNER COOKING DEMOS

12:30 pm at the Flint Farmers' Market

FOCUS = NUTRITION & LEAD

Everyone who attends receives a guide and recipe set to help your family mitigate the effects of lead

January – March 2017 Schedule

JANUARY

Jan. 5	Spinach Dip/Yogurt Sundaes
Jan. 10	Barley & Spinach Skillet
Jan. 12	Butternut Squash & Sweet Pot Soup
Jan. 24	Roasted Cauliflower
Jan. 31	Quinoa & Black Bean Salad

FEBRUARY

Feb. 2	Turkey Taco Bowl in Crockpot
Feb. 7	Lima Beans & Spinach
Feb. 14	Roasted Eggplant & Curry Lentils
Feb. 18	Black bean & Veggie Quesadillas
Feb. 21	Pineapple-apple Greens w/ Feta
Feb. 23	Cauliflower Mac n Cheese
Feb. 28	Greens w/ Carrots

MARCH

March 2	Corn & Black Bean Enchiladas
March 9	Mediterranean Turkey Burgers
March 14	Beet & Potato Puree
March 18	Sloppy Joes
March 21	Baked Salmon w/ Pineapple
March 28	Sweet Potato Pancakes w/ Apple & Walnut Topping



*First 15 participants at each demo will receive a bag of healthy food to take home.**

**Funded through a grant from the Community Foundation of Greater Flint*

OFFERED BY:

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

MICHIGAN STATE UNIVERSITY | Extension



wellnesshub

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