



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

SEPTEMBER

- Sept. 1 Tomato Scrambled Eggs
- Sept. 13 Spaghetti Squash
- Sept. 20 Lentil Spaghetti
- Sept. 22 Southwest Rice w/ Chicken/Kale
- Sept. 27 Roasted Brussel Sprouts w/apples

OCTOBER

- Oct. 4 Savory Pear Salad
- Oct. 6 Taco Skillet
- Oct. 11 Pecan-crusting Broccoli
- Oct. 15 Apple, Carrot, Raisin Salad
- Oct. 18 Veggie loaded Burger
- Oct. 20 Brown Rice & Autumn Fruit Pilaf
- Oct. 25 Apple Chicken Stir fry

NOVEMBER

- Nov. 1 Brussel Sprout Hash & Eggs
- Nov. 3 Greek Yogurt Fruit Tart
- Nov. 8 Chicken Penne
- Nov. 15 Squash w/Pecans & Cranberries
- Nov. 19 Healthy Thanksgiving Recipes
- Nov. 22 Roasted Chicken Salad
- Nov. 29 Oven Fries

DECEMBER

- Dec. 1 Hearty Egg Burrito
- Dec. 6 Roasted Acorn Squash
- Dec. 13 Honey Dijon Chicken w/Peach Salsa
- Dec. 15 Mediterranean Turkey Burger
- Dec. 17 Quick Skillet Lasagna



*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

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