

Teen Cuisine!

HEALTHIER OPTIONS FOR PARENTS AND THEIR TEENS



The UW-Extension FoodWise Program is offering a fun three lesson nutrition/food demo Series at Horace Mann Middle School.



Join us as we demonstrate the preparation of healthy snacks and general recipe substitutions. We welcome parents with or without their teens to enjoy learning how to prepare snacks and meals your whole family will love. The series will culminate with a pop-up, grocery store where we will discuss how to purchase healthier options at the store while saving money at the same time.

Tuesday, May 1st 6:00-7:30pm- “Healthy Snacks Made Easy”

Tuesday, May 8th– 6:00-7:30pm- “Healthy Substitutions”

Tuesday, May 15th– 6:00-7:30pm- “Smart Shopping” Pop-Up Grocery Store Tour

Complimentary Item: \$10 Trig’s produce certificate

COME TO JUST ONE LESSON OR THE WHOLE SERIES.

*ATTEND ALL THREE CLASSES AND RECEIVE A SMALL CHOPPER/BLENDER! (ONE/FAMILY)

***PLEASE REGISTER BY FRIDAY, APRIL 27TH WITH ZOE MORNING, HORACE MANN ENRICHMENT COORDINATOR @715-261-0725, EXT. 22115**



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