



**THE GREEN
KITCHEN**

Healthy Cooking Demonstrations



Live Streaming
on Teams!

*Learn from Chef Tammy how
to create healthy and
affordable meals!*

**SESSION
DATES AND
TOPICS**

**All sessions will take place at 12:15 PM in the
Human Services Demonstration Kitchen**

November 6th, 2024 - Healthy One Pot/Sheet Pan Meal
April 9th, 2025 - Cooking a Healthy Meal on a Budget

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