



# RECIPE DEMONSTRATION

Learn how to prepare quick, healthy, and delicious meals at a hands-on class. Try the recipes we create! Enjoy a few games of BINGO too!



*On the Menu is Chicken Pot Pie  
Fresh Salad*



**Wednesday, February 21, 2018**

**2:00-3:00 PM**

**@ Food Distribution Program**



*Everyone who attends will receive a small kitchen incentive!*



For more information, please contact us at 701-766-4684

Follow us on Facebook @spiritlakefdp

**Transportation available! Call Employment & Training a day in advance to schedule a ride at 766-1200.**