



Good and Cheap Holiday Cooking

Eat Well and \$ave Money this Season!

- Hands-On Cooking demonstration with Local Foods
- Healthy and Easy Choices with SNAP
- Free Samples and Cookbook
- Transportation Available from Virginia with RSVP

When: Monday Nov. 20th 2017 at 6 PM

Where: Messiah Lutheran Church

8590 Enterprise Dr. Mountain Iron

RSVP by Nov. 17 - Call (218) 735-6875



Messiah Lutheran ELCA



Essentia Health

Learn more at irpsmn.org

