

Nutrition Education Workshop & Cooking Demonstration...

Where:

Long Island Cares "*Kitchen Studio*"
10 Davids Drive Hauppauge, NY 11788

When:

Wednesday November 13, 2013
12:00—1:30pm

What:

Come and learn how to provide and feed the hungry with healthy low cost and donated delicious and nutritious foods being offered by our food bank this holiday season.

For:

LI Cares member agencies, partners, sponsors, staff, soup kitchen, food pantry workers, shelter directors, staff, volunteers and food service handlers.

Cost: Free

RSVP & Register by

November 5, 2013. email Laura Lynn Iacono Nutrition Resource Manager
llicano@licares.org to sign up and earn your nutrition education certificate today!



Healthy Holiday Meal Makeovers!

"Give someone a nutritious meal and they can eat healthy for the moment, teach them how to cook healthy and they can eat well for a lifetime."