

Join us for a free class

Dare 2 Compare: Fast Food @ Home 4 Kidz!



Title:

Presented by:

Katie Dempsey, Senior Dietetic Student, Viterbo University

Your kids will:

- Make homemade French fries & chicken strips
- Pick out their favorite ingredients!

Parents can find out:

- Cost & nutrition - How does it add up?
- Burnin' it off - How long does it really take?

Each kid will get a free Mr. Potato peeler!



When:

Monday, July 11

11:00 a.m.-12:30 p.m.

Where:

Winona Volunteer Services

402 East 2nd Street

Winona, MN 55987



RSVP:

To register, please call Winona Volunteer Services at (507) 452-5591 by Friday, July 8, 2011.

Children ages 5-13 encouraged to attend when accompanied by an adult. Call early to reserve a seat!

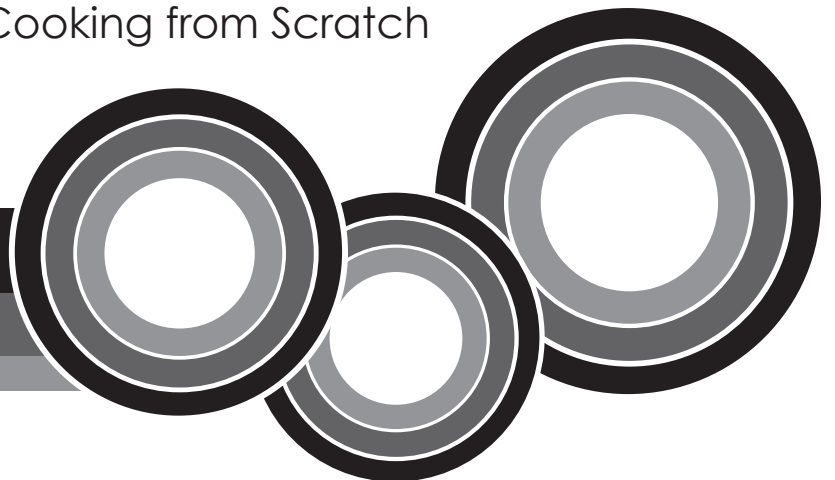
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We invite you to join us for

Free Classes

Attend for your chance to win a Door Prize at each class!

January 10	Living on Less
February 14	The Magic of Crock Pot Cooking
March 14	Shaking the Salt in Your Diet... Without Losing the Flavor
April 11	Container Gardening
May 9	Open House: Food Resources in Winona
June 13	Beans for Kids!
July 11	Dare 2 Compare: Fast Food at Home 4 Kidz
August 8	Let's Talk Money!
September 12	Energy Fair
October 10	Living on Less
November 14	Holiday Cooking from Scratch



Schedule subject to change. Call 452-5591 for more information.

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