



CookWELL for Kids with the Poe Center

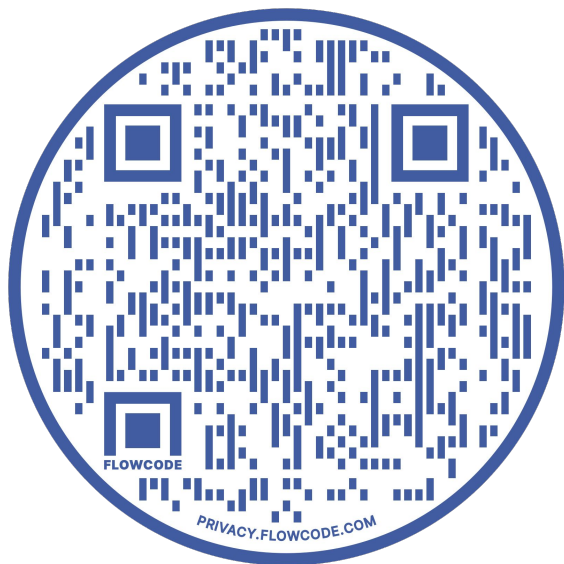
Select Tuesdays
from 1:00 - 1:30

Join us for a FREE, interactive online class as we discuss:

- Healthy, low-cost snack ideas
- How to make simple swaps in a meal
- Ideas for helping kids enjoy more fruits and veggies

This class counts as a nutrition education credit for WIC!

Scan the QR code or enter the web address
for available dates:



Register at:

<https://poe-center-cookwell-free.eventbrite.com>

