

LET'S GET COOKING!



REAL RECIPES FOR REAL LIFE

Join us for a free cooking demonstration and food tasting!
Learn how to prepare simple, nutritious meals with WIC foods.
All ages are welcome!

Presented by:

Where:

Date: **Time:**

Ask WIC staff for more information about this event!
Visit **TexasWIC.org** for more recipes.



Visit our website at **TexasWIC.org**.
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