

911 Parsons Ave


Friday, September 29th

1-2pm

Exploring Whole Grains from Around the World: Couscous

This
Week's
Recipe:

**Curried
Couscous**



Whole grains are an important part of an overall healthy eating pattern. Join Jenny Lobb, Registered Dietitian and OSU Extension Educator, to learn how to incorporate more whole grains into your diet. In each class we will learn about and try a different whole grain through a cooking demonstration and tasting.



Registration is required! Contact Jess Grady at (614) 445-7342 ext. 112 or at jgrady@4allpeople.net.