



SEPTEMBER 13TH AT 4:45 PM MAKE & TAKE

Baked Cod Casserole

Join us for a FREE cooking class and learn how to make healthy, diabetes friendly cod casserole. We will prepare a diabetic friendly meal together for you to take home and bake or freeze for dinner that night or for future use. Along the way we will learn about the recipe and the health benefits of the ingredients. Families are

Sponsored by: IHS
Special Diabetes
Program for
Indians Diabetic
Grant

Demonstration at
Stockbridge-
Munsee Food
Distribution

RSVP to: Casey
Mitchell at
(715) 793-5006

By Friday,
September 9th

SEPTEMBER 13TH
4:45 pm – 5:45 pm

RSVP by September 9th

Casey Mitchell, RD
715.793.5006