You're invited to a

Make & Take
Tuna Casserole

Join us for a FREE cooking class at food distribution and learn how to make a healthy tuna casserole. After learning to prepare the meal together, you can take it home to bake for dinner that night or freeze for a later occasion.

Where: Stockbridge-Munsee Food Distribution

When: October 25, 2016

Time: 4:45 pm – 5:45 pm

RSVP: By October 21st to Casey Mitchell, RD 715.793.5006

Sponsored by: IHS Special Diabetes Program for Indians Diabetic Grant