

Healthy Cooking at Home

MEAL PREPPING SERIES

Complete all 4 classes and receive Glass Storage Containers with Lids

4 CLASSES:

- June 6th *virtual info class*
- June 13th
- June 20th
- June 27th



How it works:

- Attend introduction to class
- Pick up ingredients at Tribal Health Department on selected dates.
- Make your healthy meal at home.
- Take a photo!
- Complete reading and online survey.

Call to Register:

520-562-5126

LIMITED TO 15 PARTICIPANTS

Participants will need to pick up ingredient recipe bags from Tribal Health Department and live locally.

(433 W Seed Farm Road- Sacaton, AZ 85147)

Must have valid email address.

Classes are open to Gila River Indian Community Members

***MUST ATTEND ALL (4) SESSIONS TO RECEIVE INCENTIVE**

QUESTIONS? PLEASE CALL THE COMMUNITY HEALTH NUTRITION PROGRAM AT 520-562-5126.

