



September COOKING DEMONSTRATION

"Plant-Based Snacks from around the World"

Wednesday, September 30
5 - 6:30 PM

Healthy Teaching Kitchen
2589 NW Edenbower Blvd, Roseburg

Thursday, October 1
2 - 3 PM

CCH&WC South Campus
480 Wartahoo Lane, Canyonville

RSVP to (541) 672-8533
Press #2 for Roseburg
Registration is Required

Free Class

Are you hungry for snacks? Have you been looking for go-to recipes to support balanced blood sugar and boost overall health? In alignment with Native Nutrition Principles, we're welcoming whole food recipes that may have you and friends asking for more. We'll make popular snacks from Korea, Pakistan, Mexico, and the Cow Creek Band of Umpqua Tribe of Indians, with simple ingredients that can be found locally.

Food samples, recipes, and gifts
with each class!

Meet our ts'ámx yuwáx tamiínsii (Healthy Living Team)

[ts'-AHM-x yoo-WAH-x dah-MEEN-see]



Claire Grubb, RD, LD



Peyton Rondeau, MS, RD



April Gilliom, ND



Scan the QR code to learn
more about us!