



# July COOKING DEMONSTRATION

“Bright and Healthy BBQ Sides to Boost Summer Gatherings”

Wednesday, July 29  
5 - 6:30 PM

Healthy Teaching Kitchen  
2589 NW Edenbower Blvd, Roseburg

Thursday, July 30  
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

Join the Healthy Living Team in making Tabouli Salad with summer market veggies. We'll make a smoky marinade for grilled tofu and turn edamame into a bright dip for veggies and crackers. Crowd-pleasing recipes for both kids and adults, supporting a diabetes-free lifestyle with these whole food recipes.

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