

WRAPS: Food To Go



**Free Workshop: Join us from 10 am-1pm
Saturday March 27, 2010**

EAT from the Garden presents a delicious showcase of veggies. Providing free samples, tastings, and tips on seasonal favorites for Spring.

- Spring rolls with housemade dipping sauce.
- Herbal Tea showcasing. And Coconut water tasting.
- Cooking Collard wraps, eggrolls, tamales, and more.

**OUR GOAL IS TO EDUCATE PEOPLE ON
MAINTAINING A HEALTHY LIFESTYLE**

Space limited! Register by contacting F. Malik at 916-256-6593 or fmalik@healthedcouncil.org

Located at:

**Grant High School's Garden Café
1221 South Ave Room W-42 Sacramento, Ca
95838**

For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer.

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