



Presents

## **“Savor the Flavor of Winter”**

Learn time-saving, budget friendly tips to make your family meals more healthy while tasting a savory, mouthwatering dish featuring seasonal winter vegetables and whole grains

**Thursday, January 26th or Thursday, February 23rd**

**10:00-11:15 AM (Taught in Hmong)**

**or**

**12:00 PM– 1:15 PM**

Classes are held at UW-Extension,  
212 River Drive, Wausau

**The first 20 registered participants will receive a bag of groceries.** Participants must register by 4:00 PM on the Tuesday before the class by calling the UW Extension FoodWise Program at 715-261-1248.