

CAUTION: HOT PAN!

HOW TO STIRFRY



**When: June 21st,
2016 from 6-7 pm**

**Where: WAFER
classroom**

**Reservations are
required. Sign up at
WAFER, by phone at
608-782-6003, or by
email at
info@waferlacrosse.org**

**Don't miss this awesome opportunity to learn from
UW-Extension Office Nutrition Educators! They will
provide recipes and samples, offer ways to add more
produce and nutrients to your meals, helpful tips, and
one participant from each household will
receive a frying pan.**



Wisconsin
Nutrition Education
Program

