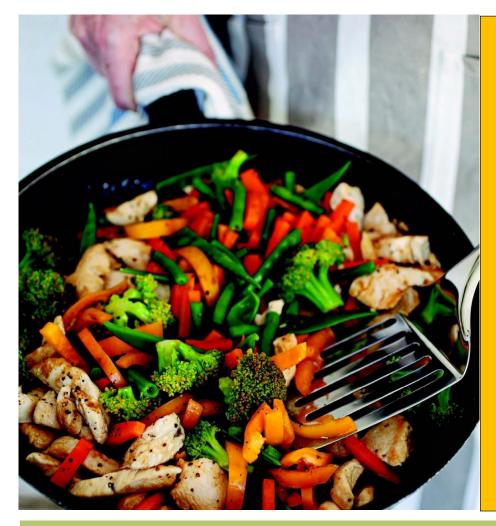
CAUTION: HOT PAN!

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.



