

BUILDING HEALTHY MILITARY COMMUNITIES

in partnership with

Meals from the Heart, Beyond the Yellow Ribbon & MN Military Chaplains

free

presents

VIRTUAL COOKING CLASSES FOR MILITARY FAMILIES



JOIN US TO LEARN HOW TO COOK HEALTHY AND BUDGET FRIENDLY MEALS THE WHOLE FAMILY WILL LOVE



ANYONE MILITARY CONNECTED CAN JOIN
All branches of service, veterans and their families are welcome.



EVERY TUESDAY EVENING IN FEBRUARY
5:30 - 6:30 PM - CENTRAL TIME



VIRTUAL ZOOM CLASS
Must register via the link below. You will then be emailed with the virtual link.



Registration Link:

<https://www.surveymonkey.com/r/M3ZX8M2>

or scan QR code with your phone's camera



**Register to get weekly details, shopping lists, health tips, and much more!



**The first 100 registered participants in Minnesota will receive aprons for the entire family and a \$50 budget stretcher box filled with food that we will use throughout the month's recipes. Pick up at your local armory/air wing/reserve center.

For more information/questions email: tiffany.r.kovaleski.ctr@mail.mil