

# Cook along with us!

## NUTRITION EDUCATION SERIES

**For pregnant women and parents with kids under 2 years old**



### WHEN?

1st workshop: Wednesday 2/19  
11:30AM - 1:00PM  
Other dates: Wed 2/26, 3/12, 3/19,  
3/26, 4/2  
No workshop on 3/5!



### WHERE?

Mi Salud Wellness Center  
200 E Wyoming Ave,  
Philadelphia, PA 19120

**Registration required here**  
<https://tinyurl.com/cookingwithtft>

Have questions? Reach out to  
[iguillaume@thefoodtrust.org](mailto:iguillaume@thefoodtrust.org)

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