

JOIN OUR NEXT NUTRITION EDUCATION SERIES

For pregnant women and parents with kids under 2 years old

Learn new
recipes



Each week, take
home fresh ingredients
and food coupons to
purchase fruits and
vegetables

Receive a
high quality
cooking set



WHEN?

**Workshops are
on Fridays
11AM - 12:30PM**

- 5/9/25
- 5/16/25
- 5/23/25
- 5/30/25
- 6/6/25
- 6/13/25

Spots are limited - Registration required!

Sign up here



<https://tinyurl.com/seriesnorth10>

**Any questions? Reach out to Lucie at
Iguillaume@thefoodtrust.org**

WHERE?

North10

3890 N 10th St
Philadelphia, 19140



The **FOOD
TRUST**



SNAP-Ed
Pennsylvania

Healthy Food.
Healthy Moves.
Healthy YOU.

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

PRÓXIMA SERIE DE EDUCACIÓN NUTRICIONAL

Para mujeres embarazadas o con niños menores de 2 años

Aprenda
nuevas
recetas



Cada semana,
llévase ingredientes
frescos y cupones para
frutas y verduras

Reciba un set
de cocina de
alta calidad



¿CUÁNDO?

Los talleres son los viernes

11AM - 12:30PM

- 5/9/25
- 5/16/25
- 5/23/25
- 5/30/25
- 6/6/25
- 6/13/25

¡Plazas limitadas - Se requiere inscripción!

Inscríbase aquí



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¿DONDE?

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