

# **FIRST FOODS FIRST FRIDAYS COOKING CLASS**



**January 2nd**

**5:30-7:00PM**

River People Health Center Teaching Kitchen

Join the Nutrition Team to learn how to use foods native to North America in your day-to-day cooking!

The class will feature:  
Squash and Tepary Beans in a  
freezer-friendly breakfast burrito

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**Space is limited!**  
**Call 480-362-3355 to save  
your seats!**

