

# FAMILY TABLE

- Manage limited food budgets
- Learn new cooking skills
- Cook healthy meals in less time



## Coming to a location near you!

- Barron County
- Chippewa County
- Dunn County
- Pepin County
- Pierce County
- Polk County
- St. Croix County

## Eating Well On A Tight Budget



## What are the Family Table classes?

- 8-week session
- 2-hour evening classes each week
- Parents and children cook together
- Hands-on cooking instruction
- Ingredients are provided
- Meals include soups, burgers, stir fry and more!

## We are currently looking for low-income families who would like to participate.

If you are interested in joining a Family Table session, please contact West CAP at 715-265-4271 for an application or apply online at [www.westcap.org/serviceapplication](http://www.westcap.org/serviceapplication).

