

Please Join us for Cooking Matters Class
Tuesday March 8, 2022 at 10:00 AM



<https://strength.zoom.us/j/99798146417>

This week our class will be “Kids Say Yes to Fruits and Veggies”.

Chef Paul will give instruction on the pros and cons of using different forms of fruits and vegetables. Also ways of preparing fruits and vegetables that your children and family will enjoy eating. He will share great ideas and budget friendly recipes for tasty Lenten season meals and snacks.

You will receive a \$10 King Soopers gift card for your participation.

Here is the grocery list for Tuesday:

Bananas

Non Fat unflavored Yogurt

Strawberries (frozen)

Orange Juice

Oats

Here is the recipe <https://cookingmatters.org/recipe/fruit-smoothies/>

Contact Ms. Vicki at vicki_morrison-sloan@dpsk12.org or 720.424.2753

