



UF UNIVERSITY of
FLORIDA
IFAS Extension

SEMINOLE COUNTY
FLORIDA'S NATURAL CHOICE

Leisure Services Department **Extension Services**

Creative Kitchen

Come try new recipes
and learn how to cook
with a healthy twist!

This month's featured
ingredient is quinoa.

April 29th - 9:30-11am
April 30th - 6-7:30 pm

Location:
250 West County Home Road
Sanford, FL

PRE-REGISTRATION IS REQUIRED!
Call 407-665-5553 for information.
Classes are \$10



For more info, contact: Andrea Likens R.D., Family Consumer Science Agent • Seminole County/University of Florida/IFAS
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