

Awaken

YOUR TASTE BUDS



How To: Cook for a Healthier You

Learn simple, applicable tips to help you create healthy, budget-friendly meals at Summit Health's upcoming free community cooking demonstrations. Healthy dishes include a beautiful Kale Caesar Salad.

The cooking demonstrations will be led by Chambersburg Hospital Executive Chef Emilie Brossene and Director of Food and Nutrition Julie Charnosky.

Who: Open to everyone interested in healthy eating

Where: Lecture Center of Chambersburg Hospital,
112 N. Seventh St., Chambersburg

When: 5:30 p.m. on Wednesday, March 9
5:30 p.m. on Tuesday, March 15

Demonstrations will be based on recipes found in the cookbook *Good and Cheap: Eat Well on Just \$4/Day*.

Register online at:
SummitHealth.org/NutritionMonth

No materials, supplies, or ingredients are needed to attend.

