



Making Family Dinners Happen

A **FREE** PARENT WORKSHOP THAT INCLUDES DINNER!

WEDNESDAY, FEBRUARY 16 6:30 TO 8 PM

TURNERS FALLS HIGH SCHOOL KITCHEN CLASSROOM

WITH LOCAL NUTRITIONIST MARY SIERUTA!

- ✓ QUICK, EASY, KID APPROVED RECIPES
- ✓ DEMONSTRATION PREPARING A MEAL THAT WE WILL EAT TOGETHER!
- ✓ INFORMATION ABOUT LOCAL RESOURCES AND THE IMPORTANCE OF A NUTRITIOUS, REGULAR FAMILY DINNER

CHILDCARE PROVIDED!

TO REGISTER: OPEN TO PARENTS WITH CHILDREN IN THE G-M SCHOOL DISTRICT
(LIMIT OF 15 SPACES) E-MAIL KARA MCLAUGHLIN

KARA@GMPARTNERSHIP.ORG

SPONSORED BY THE GILL MONTAGUE SCHOOL COMMUNITY PARTNERSHIP, THE
COMMUNITY HEALTH CENTER AND MONTAGUE CATHOLIC SOCIAL MINISTRIES

