



# FREE Family Night Out

*at Community Action Duluth*

**Fun with Food!** Let's make cooking with kids fun and healthy! Enjoy mini lessons, hands on activities, sensory experiences, tasting new foods and making new things!

From June to September, instead of taking a summer break, our staff are planning fun activities, demonstrations and more to make food fun, interesting and accessible to you and your kiddo!

## June 8, 2017

SNACKS! HAPPY BELLY = HAPPY KIDS!

## July 13, 2017

BREAKFAST! SO EASY TO GET STARTED RIGHT!

## August 10, 2017

EAT A RAINBOW WITH FRUITS AND VEGGIE!

## September 14, 2017

DINNER + DESSERT

*With Inge Maskun, Health Coach and Shirdell Mattox-Simmons, Community Health Worker*

**Every second  
Thursday  
5:30 – 7:00 pm**

Light dinner included

Kids of all ages are welcome to come.

Must be with their parents/caregivers

2424 West 5th Street  
*lower level cafeteria*

These events sponsored by



Brought to you by the Community Action Duluth  
Participant Advisory Council