



HEALTHY FOOD SWAPS

TUESDAY, FEBRUARY 19 @ 6PM

LAKELAND HILLS FAMILY YMCA

PRESENTED BY SHOPRITE OF LINCOLN PARK

WHAT

Are you trying to eat healthier but long recipes and food substitutions have you confused? Then this is the free program for you! Class highlights include:

- Healthy substitutions when baking
- Healthy ingredient swaps when cooking
- Healthy food items found around the store to try at your next meal or snack
- Healthy natural skin care swaps
- Enjoy free samples and take-home recipes

DATE

Tuesday, February 19

TIME

6:00-7:00PM

LOCATION

Scribner Room, 2nd Floor of the Y

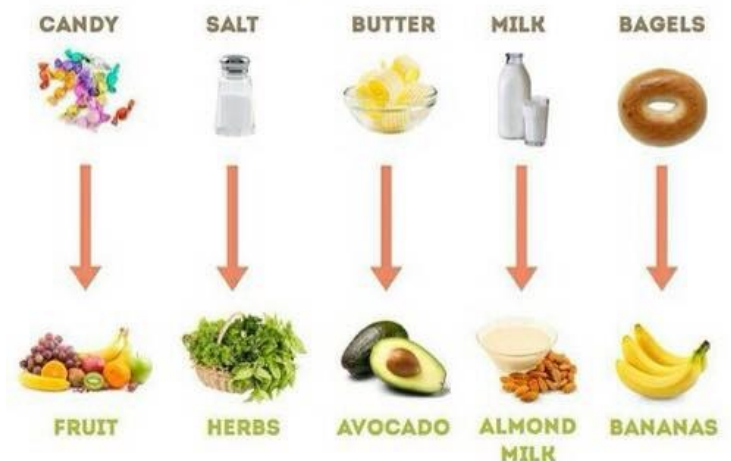
REGISTER

Please register online, in person or call the Y

CONTACT

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5 Healthy Swaps www.livelovefruit.com



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