

**A TASTE OF AFRICAN HERITAGE**

**EXPERIENCE NUTRITION AND COOKING CLASSES**

**LEARN HOW TO SHOP FOR AND PREPARE HEALTHY PLANT-BASED FOODS USING SPICES AND HERBS, LEAFY GREENS, WHOLE GRAINS, BEANS, TUBERS, FRUITS AND VEGETABLES**

**TAKE HOME DELICIOUS RECIPES TO COOK FOR YOUR FAMILY AND FRIENDS**

**JOIN A COMMUNITY OF VIBRANT TEACHERS**

**AND STUDENTS**

**Learn to Cook African Diaspora Cuisine**

Attend a **free** public series at:

**NAME OF VENUE ADDRESS** DATES

**WANT TO KNOW MORE?**

Take a class—or become a teacher! Visit our website:

[**www.oldwayspt.org/atoah-**](http://www.oldwayspt.org/atoah-) **teacher-sign-page**

DAY OF WEEK, TIME

Contact: NAME PHONE NUMBER

A program of



