



African American
Health Coalition, Inc.

Spice it Up!

FREE COOKING CLASS

2011 Series

-June 25th - Noon
Highland Christian Center
7600 NE Glisan St.

-July - TBA

-August 20th - 9AM, 10AM
9th Annual Health Walk
Dawson Park

-September 23rd - Noon

-October 22nd - Noon
Wellness Village

Ambridge Events Center
1333 NE MLK Jr. Blvd.

October 30th -TBA

-November 19th - 10 AM

Holiday Special - TBA

Ask how you can win free groceries!

- Cook delicious and nutritious food
- Work with foods you haven't tried before
- Learn to buy more for less
- Hands-on class setting with instruction from food professionals
- Bring recipes home to try it in your own kitchen!

Spice it Up is a program featuring local African American chefs cooking soul food, while providing instructions for healthy cooking techniques and ethnic-specific recipes. Organized as a series, we will discuss the relationship between illness and prevention through nutrition, and healthy food preparation of culturally cherished and familiar dishes. Participants will see, taste and take home recipes for nutritious food and they will have a chance to prepare menus using techniques they learn for buying and preparing tasty and healthy food.

Find Out More about **Spice It Up!** at www.aahc-portland.org or

503.413.1850

