



Come see what we're cooking up this fall!



UF/IFAS Extension Agents are ready to teach you how to create flavorful, healthy family meals using the bounty of fall.

Registration includes exclusive access to:

4 LIVE workshops including "cook-along" experiences and meal preparation demonstrations.

A Healthy Table: Festive Feasts website and private Facebook group page loaded with recipes, instructional cooking videos, and healthy tips and tricks.

Personal support from a University of Florida Extension Agent.

Each class features new cook-along recipes; simply gather the ingredients and supplies listed to cook along live with us!

Ask questions, share your experience, and, best of all, sample the recipes!

Register at

<https://healthytablefall2021.eventbrite.com>

by Sept 21, 2021:

\$20 per person

LIVE 1-hour, ZOOM classes held at 6:00 pm CT / 7:00 pm ET on:

- **Tuesday, Sept. 21- Fresh Florida Fall Flavors**
- **Tuesday, Sept 28- Comfort Foods: Soups and Breads**
- **Tuesday, Oct 19- Healthier Holidays**
- **Tuesday, Oct 26- Turkey Talk**

An Equal Opportunity Institution