



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EAT THIS NOT THAT



Delicious Fast Food Alternatives Forest Lake YMCA | Beginning January 11th

4 week adult cooking series | Thursdays from 5:30-6:30pm

In this series we will re-vamp some of our favorite go to fast foods to make them more nutritious, healthy, easy to make, yet just as tasty. A cooking facilitator will guide you through preparing the meals while having fun discussion about how we can be more creative in the kitchen.

Experience making the following healthier options

- 1: Pizza
- 2: Burgers and Fries
- 3: Mexican Food
- 4: Asian Food



Register at member services or on our website at www.ymcamn.org/forestlakekitchen