



Making Healthy Food Choices

FREE event! Enjoy samples from cooking demos!

Thursday, April 9
10:00 am - 12:00 pm

Matthew 25:35 Food Pantry
St. Charles United Methodist Church
1905 Ormond Blvd., Destrehan, LA

Join us and learn about nutrition, reading food labels, healthy eating, preparing meals from a food box, and view live cooking demonstrations!