

Minwaanjigewin

(Good Nutrition and Food)



Who: Everyone is invited

What: Minwaanjigewin is a series of classes that will expand your knowledge in all things pertaining to food and nutrition. Events include cooking classes, nutrition education, grocery store tours, farmers market tours, book club, and documentary series.

Where: Cloquet Community Center

When: December of 2018 through November 2019

The first Minwaanjigewin class is **December 12th from 12-1 in the Cloquet Community Center**. We will be cooking up some venison stew. Take home spice mixes, the meal, and more! Future cooking classes will be on the second Tuesday of every month. (Subject to change)

Call Jessica Murray at 218-878-2647 or email jessicamurray@fdlrez.com to reserve your spot today.



The dates, times, and locations of future Minwaanjigewin classes will be posted on fdlrez.com