



Presents a...

FREE

Community Cooking Workshop

Join us to:

In partnership with



Beat the Heat with Cool Eats!

Tuesday July 31st, 5pm-6pm

Who wants to stand over a hot oven or stove in the middle of summer? No one, and you don't have to! This class will introduce you to some cold meal recipes for fresh, delicious and nutritious summer meals that don't just sound cool! Participants will take part in preparing and tasting dishes.

**@ Capital
Roots**

594 River Street,
Troy NY 12180

**Adults
18+**

*Children 5+ when
accompanied by
an adult.



*All participants will be entered to **win** one of 3 **\$15 gift certificates** for Capital Roots fresh produce!
Call to reserve your spot! 518-272-6012 ext. 302