



ALL I WANT FOR

# CHRISTMAS

*favorite holiday*

recipes with less calories

And to learn new favorites

**Thursday 11.20.14 6pm**

Hyde Co Government Center  
Teaching Kitchen

**Learn tips to lower calories, fat and  
sugar in your favorite holiday recipes**

**Learn new, healthy recipes for your  
holiday parties**

**Bring a friend and let's get cooking!**

*Cost \$15  
Dinner included  
Register by 11.19.14*

To Register call Stacey Midgett 252.926.4487  
or email [stacey\\_midgett@ncsu.edu](mailto:stacey_midgett@ncsu.edu)

