



Mediterranean Style Comes to You!

FREE Classes!

**Huachuca City Library 506 Gonzales Blvd, Huachuca City, AZ
85616**

Have you been eager to eat the Mediterranean way, but are not sure where to start? Penn State Extension's "**Mediterranean Cuisine Comes to You!**" program will involve you in designing and putting the Mediterranean lifestyle into practice in your own life. You will learn great tasting ways to do this, from food focus segments highlighting Mediterranean food selections to preparing simple, delicious recipes, to learning how you can fuel your life for better health! You will apply the Mediterranean food and health principles to design your own healthy lifestyle, based on local foods.

➤ Classes run April

➤ 6th

➤ 13th

➤ 20th

➤ 27th

➤ 10am to Noon.



Classes are offered weekly for FOUR weeks. Each class offers:

- Food demonstrations or hands-on food preparation with recipes provided
- Class Lessons on the Mediterranean Lifestyle
- Useful cooking tips
- Tasting different types of Mediterranean foods, i.e. olive oil, cheeses, vegetables, and seasonings
- Discussions among class participants to share ideas
- Learn about new tasty greens and vegetable preparations and health research

The classes are FREE for all four classes and includes: recipes, handouts, and food tastings.