

# Preserving Nutrition

A 4-part education series

Mondays in March & April

**Free and Open to the Public**

RSVP requested but not required

contact [jen@pathwaysvermont.org](mailto:jen@pathwaysvermont.org) for more information or to RSVP


**March 6 - Kitchen Training. 2-3pm**

This is a monthly, 1-hour training, that allows you access to the community kitchen. It is mandatory to access the kitchen but not to take other classes in this series.

**March 13 - Nutrition 101. 1-3pm**

**March 20 - Kitchen Skills 1-3pm**

**April 3 - Shopping on a budget 1-3pm**

 **Pathways** Vermont  
Community Center

279 No. Winooski Ave