



# NUTRITION EDUCATION



## 4 Part Series “My Plate for My Family”

DAWN will be hosting a FREE cooking demo in collaboration with the Houston Food Bank.



### WHERE:

Acres Homes MSC  
6719 W Montgomery Rd,  
Houston, TX 77091

### WHEN:

April 10 April 17  
April 19 May 1

# 11am - 12pm

Phone: 832-393-6700

Email: [dawncenter@houstontx.gov](mailto:dawncenter@houstontx.gov)