

# Minwaanjigewin

(Good Nutrition and Food)

**Who:** Everyone is invited

**When:** Tuesday, February 26th 2019  
12:00 - 1:00 pm

**Where:** Cloquet Community Center

**What:** Cooking class with a focus on  
beans!

Take home multiple recipes for beans, two spice mixes, leftover food (bring your own container), and more!

Call Jessica Murray at 218-878-2647 or email [jessicamurray@fdlrez.com](mailto:jessicamurray@fdlrez.com) to reserve your spot.

The dates, times, and locations of future  
Minwaanjigewin classes will be posted on [fdlrez.com](http://fdlrez.com)

