



**Cook.**



**Eat.**



**Share.**



**Learn.**

**Want to save money on food? The new Community Kitchen at SPU starts April 13, 2011 and YOU are invited!**

A Community Kitchen is a place where you **cook** with neighbors, prepare meals to **eat** and take home, and improve your cooking skills. It's a place where community happens around something we all love (food!) and you can **share** not only the company of others, but also the delicious meals that everyone prepares together.

Come **learn** how to use seasonal ingredients to make inexpensive & healthy meals like multi-grain fruit -and- nut pilaf, roasted vegetable black bean stew or crunchy coconut almond granola.

One **Wednesday evening** per month, 6-9pm  
Starting **April 13**, on the SPU campus.

Everything will be provided, including recipes, cooking equipment, instruction and fresh delicious ingredients. *Childcare may be available.*

**Cost is \$10** (for those with limited income)

Includes all the prepared food you'll take home.

**Interested?**

Call 206.378.5409 or email [dgeleva@spu.edu](mailto:dgeleva@spu.edu)