

# What's Cooking

 Fresh Ideas that are 

**A Cooking and Nutrition Program**  
**Saturdays at the Simpsonville BI-LO Store**  
**From 11a.m. -2 p.m.**

*Featuring:*

Cooking Demonstration  
Nutritional Advice  
Recipe Sampling

*You will receive:*

Food Samples  
Nutritional Handouts  
Recipe Cards

*Dates and Topics:*

September 20 Snack Attack

September 27 Where's the Fiber?

October 4 Feeding the Flock, While Saving the Clock

October 11 Instead of Super size, Let's HEALTH-i-Size

October 18 Health Benefits & Colors of Fruits and Vegetables

October 25 Healthy Eating: It makes good CENTS\$

November 1 Outa Sight, Outa Mind



Developed in partnership with Clemson University