



**CENTRAL
TEXAS
FOOD
BANK**

**A Healthy Pantry Initiative:
Incorporating Cooking Demonstrations to
Engage and Educate Clients**



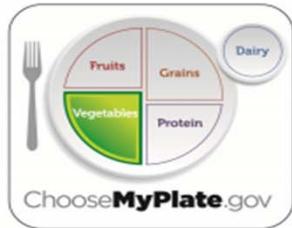
The mission of the Central Texas Food Bank is to nourish hungry people and lead the community in the fight against hunger.

Nutrition Education in Action!

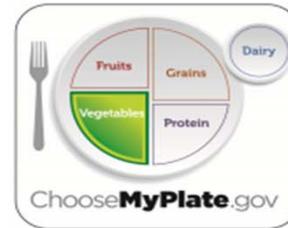


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Nutrition Resources



Beets/Remolacha



Eat a variety of colorful vegetables every day ♦ Comer verduras de varios colores cada día

<https://www.centraltexasfoodbank.org/get-help/nutrition-education>



**NEED MEAL
IDEAS?
VISIT OUR
RECIPE
DATABASE!**

www.centraltexasfoodbank.org/recipes



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Today's Recipe: Warm Beet Salad

- The beets and garlic for today's recipe came out of the Food Bank's garden!



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QUESTIONS?

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