



Introduction to Vegetarianism

In this 2 hour course:

- **LEARN** basic vegetarian nutrition
- **SEE** live cooking demonstrations
- **TASTE** lots of delicious samples
- **TAKE HOME** recipes for dishes with tofu, a variety of grains, TVP and much more!

The cost for this course is \$ _____ **Date** _____

Register by calling _____ **Time** _____

Space is limited! **Location** _____



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