



- Food Talk is a one hour a week class that is taught for a six session period. These educational classes are designed to teach healthy eating on a budget. Each session includes a cooking demo and tasting of quick, easy and healthy recipes, plus free items for attending. Food Talk is designed for Georgians who want free ideas on how to keep their families healthy by making nutritious food choices on a budget. Preventing foodborne illness and the importance of fruits and vegetables will also be discussed. Contact Karen Martin or Patti Hall (770-387-5142) for more information and to pre-register for classes/sessions.

Beginning Tuesday, May 24th – Bartow Family Resources Kingston 12 – 1pm

May 31st, June 7th, June 14th, June 21st, June 28th

Beginning Thursday, May 26th – Senior Center, Zena Drive Cartersville 10 am – 11am

June 2nd, June 9th, June 16th, June 23rd, June 30th

Beginning Thursday, May 26th – Bartow Family Resource Ctr. Leake St. Cartersville 12 – 1pm

June 2nd, June 9th, June 16th, June 23rd, June 30th

Beginning Tuesday, May 31st – Episcopal Church, Cherokee Ave. Cartersville 4:30 – 5:30pm

June 7th, June 14th, June 28th, July 12th