

THE WELLS COUNTY EXTENSION HOMEMAKERS &
PURDUE EXTENSION INVITE YOU TO ATTEND THIS YEAR'S

Holiday Happenings

Focus on the 'Stars': Cooking Healthy for the Holidays

LET'S LEARN VARIOUS RECIPES FOR HEALTHY FOOD
ALTERATIONS FOR SOME OF YOUR HOLIDAY FAVORITES!

OCTOBER 15, 2024

5:30 PM

**Wells County Community Center
1240 4-H Park Road
Bluffton, IN 46714**

Call the Purdue Extension
Office of Wells County to
RSVP to this FREE event by
October 10th.

“Healthy” and “holiday” don’t usually find themselves in the same sentence, especially when it comes to food. But that doesn’t have to be the case. Holiday celebrations and traditions are an important part of life to be enjoyed. You can learn to reduce the large amounts of fat and sugar usually found in holiday recipes and focus more on the “star” ingredients - fruits and vegetables.

**SAMPLES WILL BE
AVAILABLE TO TASTE!**

EA/EOU