

40+ organizations & booths!

Door prizes, T-shirts & other giveaways!

AND MUCH MORE!

WE ALL EAT!

A free hands-on learning event for the community

GET Tips Tools Tricks & Tastings to inspire healthy eating

WHEN

**Thursday
March 30**

3 to 7 p.m.

A come and go event

WHERE

**Sedgwick
County
Extension**

7001 W. 21st, Wichita



COOKING DEMONSTRATIONS by CHEF ALLI

Under Pressure? Let's Make Sure It's Dinner ... Not You!

Kansas' Kitchen crusader, Chef Alli, shares how electric pressure cooking can quickly put tasty grains, legumes, soups, stews, meats, and casseroles on the table.

Demonstration @ 4:45 p.m. Giveaway: 5 electric pressure cookers

Open-Face Cooking: Cast Iron Skillet Meals that Rock the House

Join Chef Alli for a fun demonstration of how cast iron cookware and fresh, flavorful ingredients can come together in one-pan meals that you'll love.

Demonstration @ 6:15 p.m. Giveaway: 5 cast iron skillets

JOIN US at 5:30 p.m. to learn what's going on in our community to improve healthy eating where we live, learn, earn, play & pray

We All Eat is presented by



We All Eat is a **FREE** event but we're accepting donations of peanut butter to give to the Kansas Food Bank

LEARN MORE Check the programs listings at www.hwcwichita.org or email shelleyrich@med-soc.org