

# COOKING UP HEALTH

A FARE Neighborhoods™ Workshop Series

## FREE Virtual Workshop

### Budget-Friendly Bites: Allergy-Friendly Meals with Dollar Store Finds

Watch Chef Tessa Nguyen use discount store ingredients to make healthy, cheap, allergy-friendly meals. Cook along with Tessa and learn first-hand how to get the most out of your grocery dollars without sacrificing taste or health. Everyone who registers gets a shopping list ahead of time.



Chance  
to Win a  
**\$100**  
Gift Card

**Wednesday, May 15, 7:00 – 8:00 p.m. (Eastern Time)  
6:00 – 7:00 p.m. (Central Time)**

Sign  
up at



Interested but can't attend? Be sure to register anyway, and you'll receive access to the workshop recording following the live event.

<https://tinyurl.com/budget-bite>



### Questions?

Email: [healthequity@foodallergy.org](mailto:healthequity@foodallergy.org)  
or call **703.563.3068**



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