

# COOKING UP HEALTH

A FARE Neighborhoods™ Workshop Series

## FREE Virtual Workshop

### Back-to-School with Food Allergy-Friendly One-Pan Meals

Get ready for back-to-school season with allergy-friendly one-pan meals you can make in 30 minutes or less and not break your budget. Join Chef Tessa Nguyen as she cooks up bulgogi beef bibimbap, turkey taco salad, and chicken parmesan pasta. Everyone who registers gets a shopping list ahead of time.



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

Wednesday, August 14, 7 p.m. (ET); 6 p.m. (CT)

Sign  
up at



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

<https://tinyurl.com/bts-pan>



### Questions?

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



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