



PA WIC is funded by USDA

This institution is an equal opportunity provider

TEACHING KITCHEN

Adagio Health WIC

Topics

- Quick, budget-friendly meals
- Kid-friendly snacks
- Infant-feeding options
- Adapting recipes
- Healthy drink alternatives
- Cooking with kids

What to expect?

- ✓ Healthy Options
- ✓ Recipe Cards
- ✓ Hands on Cooking
- ✓ Food to take Home
- ✓ Making Meal Time Fun!

Classes Held Monthly

Scan Code to see Class
Schedule, Sign Up
or Learn More!



adagiohealth.org/teaching-kitchens

