

Did you know whole grains are nutritional gold - valued for providing B vitamins, antioxidants, magnesium, iron and fiber? If not and even if so, attend our:

Whole Grains 101

Health Workshop and Cooking Class

**On Saturday April 4 from 10am to 11am
here at your Fort Street Hy-Vee.**

This is a great opportunity to learn about the health benefits of whole grains and to taste the different whole grain foods available at your Fort Street Hy-Vee. **Recipes and samples will be provided.**



The class fee is \$10 per person and covers the cost of the ingredients for the dishes you will sample. To register for the class, please contact Stephanie at (402) 493-2089 or srupp@hy-vee.com. Registration and payment is required 24 hours prior to class.