

# Make & Take: Sandwich Salads

Tuesday, May 23rd at 4:45pm-5:45pm

Stockbridge-Munsee Food Distribution

Sponsored by IHS Special Diabetes Program for Indians Diabetic Grant

Please join us for an educational cooking class. This class we will be learning to make a healthy base for multiple sandwich salads and customize salads using the healthy base. Options may include: chicken salad, egg salad, or tuna salad. These are great option for on the run or a light summer lunch!



RSVP to Casey Mitchell at 715.793.5006 or  
[casey.mitchell@mohican.com](mailto:casey.mitchell@mohican.com) by Friday May 19th