

Family Centers
of
Door County
Inc.



The Family Centers Present...

Pack a Lunch with PUNCH!



**Hey mom & dad, no more fights about
what to pack in the lunch bag!**

Family Center's Coordinator Justine Mancheski will be sharing some creative ideas and nutritious recipes for adding some "punch" to your family's bag lunches for school and/or work.

Feel free to bring along any recipes or ideas for healthy snacking that are family favorites.

Some recipes will be available to sample and are welcomed if you care to bring samples of your specialty. Please write your recipes on a recipe card and we'll make photocopies for all to exchange and take home for future reference.



Mon., September 27, 2010

6:30 – 7:30 pm

Held at the Southern Door Family Center

1400 County Road DK, Brussels

(Adjacent to the Town Park)

PRE-REGISTRATION IS REQUESTED

Register online at www.familycentersdc.com

or call 825-1430

Thanks to funding provided by the United Way of Door County and the Door County Community Foundation, there is no cost to attend this event however donations are appreciated.

