

## Summer 2016 Schedule

**SOUTH COUNTY LIBRARY**  
6303 Merriman Road, Roanoke

### BEAT THE CLOCK!

*Good food in a hurry.*

Monday, May 16 ✦ 6:30-7:45 PM

### SEASONAL PRODUCE

*Fresh food . . .*

Thursday, July 14 ✦ 6:30-7:45 PM

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### HOLLINS LIBRARY

6624 Peters Creek Road, Roanoke

### BUILD A BETTER BREAKFAST

*Description*

Saturday, Junr ?? ✦ 11:00 AM-12:15 PM

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### GLENVAR LIBRARY

3917 Daugherty Road, Salem

### MEDITERRANEAN CUISINE

*Description*

Thursday, July 14 ✦ 2:00-3:15 PM

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### VINTON LIBRARY

300 S. Pollard Street, Vinton

### COOKING WITH HERBS

*Focus on low sodium*

Thursday, June 9 ✦ 11:00 AM-12:15 PM

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Interim Administrator, 1890 Extension Program, Virginia State University, Petersburg.

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# REAL FOOD FOR REAL LIFE

A community life-long learning  
program for everyone who eats



**INFORMATION \* SKILLS \* TASTING**

SAVE TIME  
SAVE MONEY  
EAT TASTY  
EAT HEALTHY  
REDUCE STRESS

**OPEN TO ALL**



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Darlene Smithwick at the South County Library at 540-772-7507 during business hours of 9:00 AM and 5:00 PM to discuss accommodations five days prior to the event.

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