

REAL FOOD FOR REAL LIFE

A community life-long learning program for everyone who eats
Autumn 2016 Schedule

CULTIVATING HEALTH



**Making
Kefir
at Home**

Thursday, September 22 ✦ 11:00 AM-12:15 PM
Vinton Library
300 S. Pollard Street, Vinton ✦ 540-857-5043

GLUTEN FREE: A Balanced Approach



Tuesday, October 11 ✦ 2:00-3:15 PM
Glenvar Library
3917 Daugherty Road, Salem ✦ 540-387-6163

MEDITERRANEAN CUISINE

A taste of this beautiful
region served up
with flavor
and style



Tuesday, November 29 ✦ 6:30-7:45 PM
South County Library
6303 S. Pollard Street, Roanoke ✦ 540-772-7507

HOLIDAY LITES



**Fanciful twists on
old favorites
and new
dishes to share**

Saturday, December 3 ✦ 11:00 AM-12:15 PM
Hollins Library
6624 Peters Creek Road, Roanoke ✦ 540-561-8024



Virginia Tech • Virginia State University



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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 540-727-7507 during business hours of 9:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.