

# WIC Cooking Classes



**Call now to schedule!  
512-972-4942**

- **Learn how to cook with your WIC foods!**
- **Try tasty new recipes with fruits and vegetables!**
- **Free samples!**
- **Family members and children welcome!**
- **Classes taught by WIC nutritionists in English and in Spanish!**

**FAR SOUTH CLINIC**  
**2nd Tue 4:00pm (Eng)**  
**4th Tues 4:00pm (Sp)**

**SOUTH AUSTIN CLINIC**  
**4th Thurs 9:45am (Bi)**

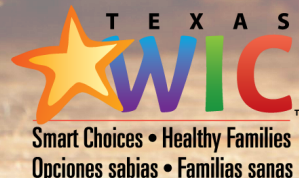
**NORTHWEST CLINIC**  
**1st Tue 10:15am (Sp)**  
**3rd Tue 10:15am (Eng)**

**DOVE SPRINGS CLINIC**  
**3rd Wed 10:30am (Eng)**

**MONTOPOLIS CLINIC**  
*\* Now located at Southeast Health & Wellness Center*  
**1st Wed 10:30 & 1:15 (Eng)**  
**3rd Wed 10:30 & 1:15 (Sp)**

This institution is an equal opportunity provider.

Esta institución es un proveedor que ofrece igualdad de oportunidades.



Revised March 2017

Đây là cơ quan phục vụ bình đẳng