

BREAKING BREAD AND BARRIERS



2024

MEAL PREP CLASSES

DETAILS:

- FREE
- 4-WEEK SESSIONS
- SMALL CLASS SIZE
- CHILDCARE
- LUNCH SERVED
- TAKE HOME 12-14 PREP MEALS
- HOW TO MAXIMIZE THEIR BENEFITS

This year, our program is all about helping our WIC and SNAP families. We aim to address the primary obstacles to maintaining a nutritious diet, with a special emphasis on leveraging your WIC/SNAP benefits.

**FOR MORE
INFORMATION
CONTACT US**

gbrown@letuslearnkyinc.org



Let Us Learn

connecting families to food

Classes are held at
Crossroads Community Church
in New Albany, IN