

# Healthy, Delicious, Free!

Join the Bristol HEZ for monthly cooking demonstrations



*Please note that recipes are subject to change depending on availability of ingredients*

See local chefs preparing meals you can replicate at home!

These fun, social demonstrations include preparation techniques, portion control, and nutritional information, followed by meal tastings.

The first 40 people to sign in will receive a bag of ingredients and recipe to recreate the dish at home!

## Wednesday October 30, 5:30pm Butternut Pumpkin Bisque

with Chef/Manager Courtney Poissant of the Common Pub & Grille  
in the Franklin Court Independent Living Community Room  
on the corner of Franklin and Wood Streets, enter through Wood St. tunnel

**PLEASE NOTE: November demonstration will feature “Zuppa Toscana” and be held one week early, on Wednesday November 20 in the Bristol Housing Authority Community Room**



*Partnering for a healthy community*

For more information

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visit us on the web: [www.bristolhealthequityzone.org](http://www.bristolhealthequityzone.org)

or send email to:

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