



# Bristol's Health Equity Zone ...A Healthier Attitude



## Bristol HEZ Happenings May...

### Thursday May 11, 2017... **FOOD ON THE MOVE**

Purchase fresh vegetables brought to you. Use your SNAP/EBT card here for 50% discount on fruits and vegetables  
Join us for our food tasting featuring mashed cauliflower (ingredients will be on sale)

**Franklin Court Independent Living Community Room  
Wood Street Tunnel Entrance  
10:00am — 12:00pm**

### Thursday May 25, 2017... **FOOD ON THE MOVE**

Purchase fresh vegetables brought to you Use your SNAP/EBT card here for 50% discount on fruits and vegetables.  
Join us for our food tasting featuring rhubarb squares and rhubarb lemonade.

**Guiteras School back parking lot  
(rain location Quinta-Gamelin Community Room)  
3:00 — 6:30pm**



### May 31, 2017... **COOKING DEMONSTRATION**

**Courtney Poissant— Chef/Manager, The Common Pub and Grille (420 Wood Street)  
Marinated Flank Steak with Arugula Salad**

Learn how to prepare delicious, healthy meals with a local chef.  
First 40 people get ingredients to make at home!

**Franklin Court Independent Living Community Room  
Wood Street Tunnel Entrance  
5:30pm**