

# nourish

FOR A BETTER FUTURE



## LIVE COOKING CLASS: A Nourishing Taco Tuesday With Chef Jeremy Reinicke

**Online at 11:00 am – 12:00 pm (Central)  
Tuesday, September 1, 2020 (preregistration required)**

As we join together to Nourish for a Better Future, we're hosting a live online cooking class, taught by Chef Jeremy Reinicke, of the HealthEast Ways of Wellness program. Get your ingredients (recipe sent when you register) and join us online, ready to prepare Tacos with Cabbage, Radish and Pineapple Pico de Gallo, a fantastic budget-friendly and health-conscious meal that you and your family will love.



Register to Get Your Viewing Link  
[rasmussen.co/cook](https://rasmussen.co/cook)