

VeggieRx

Begins Feb. 24, 2020

A **FREE** Fresh Produce Program

Who is Eligible for VeggieRX?

- LINK Card Participants, or
- Loyola Medicine Patients, or
- Residents of Maywood, Bellwood, Broadview, and Melrose Park

Program Includes:

- Free bag of locally grown, organic vegetables each week
- Weekly 20-minute simple cooking/nutrition classes that include samples of new and tasty recipes
- 10 double value coupons to use at Windy City Harvest farm stands



Where: Maywood Park District
921 S. 9th Ave., Maywood, IL

Dates: Mondays, Feb. 24 - April 27

Times: Produce Pick-Up - 3:30 - 6:00pm
Cooking demos - 3:30, 4:00, 4:30, 5:00, & 5:30pm

For More Information:

Ask your health care provider or contact
Mary Mora: mdanza@luc.edu • 708.531.5929



BRING A FRIEND!

ALL ARE WELCOME to attend the weekly cooking/nutrition classes and to shop at the low-price farm stand.



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CHICAGO BOTANIC GARDEN
Windy City Harvest



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