



BREAK UP WITH YOUR BREAKFAST ROUTINE

Breakfast can be more exciting and health filled than cereal and toast. Join UW-Extension Nutrition

Educator, Karie, to learn some creative and new breakfast ideas on **Tuesday, April 9th from 10-11am at WAFER.**

Each participant will receive recipes, samples, and helpful tips. One person from each household will receive a microwave and oven safe baking pan. *Preregistration is required.*

Sign up at WAFER, by phone at 608-782-6003, or by email at info@waferlacrosse.org.

