

CHARCUTERIE BOARDS



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cooperative Extension Service

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Friday
March 10, 2023
1:00 pm



Presented by: Martha Yount, University of Kentucky Nutrition Education Program

Snacking Boards, Charcuterie Boards, Grazing Boards: whatever you call them, they are a fun and tasty way to serve a snack or meal. While these boards traditionally contain foods high in sodium and fat, following the MyPlate plan will result in a tasty snacking board that is also filled with good nutrition.

Come join us at the Gallatin Extension Office for this informative and fun way to entertain at your next meal or family/friends get together.

Call (859) 567-5481 to pre-register for this FREE class by March 3rd

Spaces are limited!

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accommodated
with prior notification.