

# AWANA

**Sep 30, 2016  
to  
May 19, 2017**

**Cooking Healthy Countertop  
Meals and Snacks While Studying  
God's Word**



**Time: 6 – 8 PM every Fridays**

**Place: First Baptist Church of Granada Hills**

**Contact:**

**Office @ 818-363-3376 or**

**Sarah Rager @ 818-385-5526**

**Visit our Website @ [www.fbcgh.net](http://www.fbcgh.net)**

**LEARN**

- Quick and healthy ways to prepare meals for the family
- Appropriate portion sizes for children, youth and adults
- Meal planning and wise grocery shopping
- How to involve children with meal preparation and clean up

**Cost is free**

**but DONATIONS ARE WELCOME**

**to offset food costs.**

**Come join us as we have fun learning**

**God's way to refuel our body!**



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