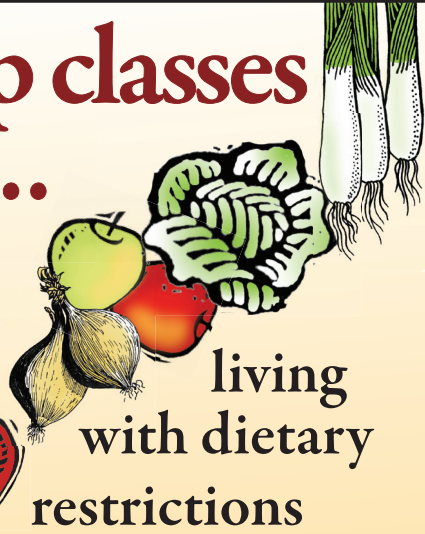


Food Co-op classes teach you...

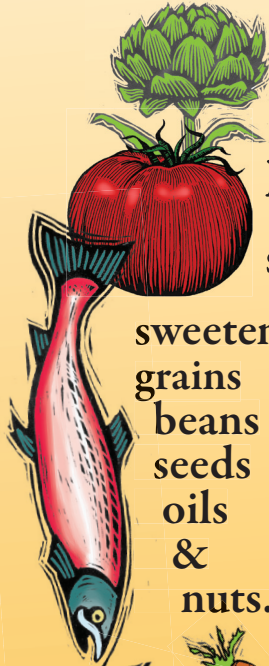
healthy eating
basic cooking skills
cake decorating
pie mandalas



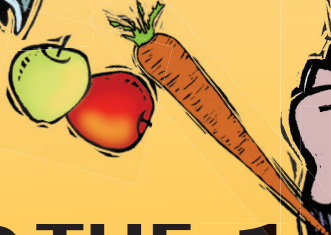
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dairy-free
live & raw
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grains
beans
seeds
oils
&
nuts...



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