

# A Taste of African Heritage

A New Cooking Class Series from Oldways

July 1<sup>st</sup> – August 5<sup>th</sup>



Diabetes is not a part of African or Southern heritage.

Neither is heart disease.

Together, we can claim health by reclaiming history.

Traditionally, African American ancestors ate a delicious, plant-based diet that was high in flavor and naturally low in cholesterol, saturated fat, sugars, and excess sodium. Southern cooking can be delicious **and** healthy!

**A Taste of African Heritage** is a new cooking class series that brings this enjoyable, simple, healthy way of eating back to life. Please join us at Baptist Church of the Covenant for this **free** six-class series, as we "meet" the major foods of African and Southern heritage and learn how to easily prepare them at home.

For more information, or to sign up for this free six-week class, please contact: Mandy Willig at 205-975-5464

**OLDWAYS**  
HEALTH THROUGH HERITAGE

