



February 2014

Dear Friends,

Welcome! We at the KPCK hope you're all staying warm, and at the very least, tonight's meal should keep you toasty.

Upcoming KPCK Dinners:

February 27th

March 13th

March 27th

To keep you toasty at home, the KPCK now has complimentary **recipe cards** featuring the meals served at the kitchen! They're scaled down to meet the needs of families and small groups. Find them on the table near the entrance.

Next week, the KnoxCorps member Frank Foster-Bolton is making a podcast with a HyVee dietician about healthy eating on a budget. You can look for it on the KPCK website.

Here's to good food and sunny days to come! Thanks for stopping by,

The Knox Prairie Community Kitchen will be running its **Second Annual Yard Sale** as part of the "More on 34" sales that run along Route 34. The sale will take place on Father's Day Weekend, **June 14<sup>th</sup> – 15<sup>th</sup>**.

If you have donations or are interested in helping, please contact Susie Reynolds at 309-363-0842

Sincerely,  
The folks at the Knox  
Prairie Community  
Kitchen

Have anything you'd like to add to the newsletter? Email Danika Hill at [dhill@knox.edu](mailto:dhill@knox.edu)