



**WHETHER YOU ARE A FOODIE OR INTERESTED IN TRYING  
SOMETHING NEW---SPICE CLUB IS FOR YOU!**

**SECOND TUESDAY OF EACH MONTH BEGINNING MARCH 8<sup>TH</sup> @ 2:30 PM**

**EAST RIDGE CITY LIBRARY**

**REGISTRATION IS REQUIRED TO ATTEND**

Can't make it? No problem! Pick up a spice kit the first week of every month while supplies last. Kits will include a recipe and all the spices you need for the recipe. Then tune in to Facebook live at 7:30 PM with Jennifer & Donna as they demonstrate the recipe for you and teach you how to use your air fryer and instant pot.

**MARCH RECIPE= CHICKEN WINGS**

**KITS GO OUT STARTING MARCH 1<sup>ST</sup>**

**IN PERSON DEMONSTRATION MARCH 8<sup>TH</sup> @ 2:30 PM**

**FACEBOOK LIVE DEMONSTRATION MARCH 8<sup>TH</sup> @7:30 PM**

**CALL 423-867-7323 OR EMAIL [dconway@eastridgetn.gov](mailto:dconway@eastridgetn.gov)**

**TO REGISTER FOR THE CLASS OR**

**TO RESERVE A KIT!**

