
FOR IMMEDIATE RELEASE



FOR INFORMATION CALL

January 5, 2018

Ald. Milele A. Coggs
(414) 286-2994

Free session on Sunday to teach how to prepare healthy and delicious meals

Alderwoman Milele A. Coggs invites the public to attend a series of free demonstrations at **Pete's Fruit Market** offering tips on preparing healthy and delicious meals.

The first demonstration in the series will be held on **Sunday, January 7** at Pete's (2303 N. Dr. Martin Luther King, Jr. Dr.) **from 1:30 to 2:30 p.m.** and will feature an interactive session titled "Raw Vegan Foods" with certified raw food chef and author **Caroline Carter**.

"Having informative free sessions on healthy food preparation and healthy eating is a great benefit offered by Pete's Fruit Market, and I encourage interested individuals to attend one or all of the demonstrations. Going forward the sessions will be held on Sundays between noon and 4 p.m.," Alderwoman Coggs said.

Sunday's demonstration will include free samples, in-store coupons (while supplies last), a lesson on making warm and cool vegan salads, and more.

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PETE'S FRUIT MARKET • 2303 N DR. M.L.K DR. • MILWAUKEE WI, 53212

FREE!

RAW VEGAN FOODS

INTERACTIVE DEMO

with

Caroline Carter

CERTIFIED RAW FOOD CHEF & AUTHOR

STARTING JAN 7

SUNDAYS

12:00PM - 4:00PM



Interactive Demo Includes:

- Free samples
- In-store coupons (while supplies last)
- How to make warm & cool vegan salads
- How to make healthy and delicious meals

(Actual Demo is 1:30pm - 2:30pm)