

Save the Date

December 5th, Saturday 12-2pm

Stretch Your Food Budget

A Pop-Up Tasting Event – Free to all Hull residents

The Parrot parking lot

Brian Houlihan and The Parrot in conjunction with Craig Wolfe, Hull's Volunteer Emergency Response Coordinator, The Village Market and other concerned citizens are presenting a Pop-Up-Tasting of **Stretch Your Food Budget** meals for those who may be experiencing food insecurity.

Free gift baskets with all the ingredients for Macaroni & Cheese and Minestrone Soup, **Stretch Your Food Budget** meals, along with directions for cooking at home will be available from Aunt Dot's Kitchen @ Wellspring, 814 Nantasket Avenue, Hull 781 925-3211 x 112, starting on December 14th.

For additional information please contact Dennis Zaia;
DZ@FocusHR.com or 781 925-5775.