

Location	Tuesday	Wednesday	Thursday	Friday
Children Services East Main Street 4071 East Main Street Columbus, Ohio 43213 <i>2nd Floor Kitchen</i>		<u>Cooking Demo:</u> 9/14/2016 12 p.m. - 1 p.m.		
Children Services West Mound Street 855 West Mound Street Columbus, Ohio 43223 <i>Room 341</i>		<u>Cooking Demo:</u> 9/21/2016 12 p.m. - 1 p.m.		
Child Support Enforcement Agency 80 East Fulton Street Columbus, Ohio 43215 <i>*Bring County ID</i>		<u>Cooking Demo:</u> 9/7/2016 12 p.m. - 1 p.m.		
Coroner's Office 520 King Avenue Columbus, Ohio 43201 <i>Conference Room</i>				<u>Cooking Demo:</u> 9/30/2016 12 p.m. - 1 p.m.
Job and Family Services Northland Park 1721 Northland Park Avenue Columbus, Ohio 43229 <i>Room 132 A</i>	<u>Cooking Demo:</u> 9/20/2016 12 p.m. - 1 p.m.			
Memorial Hall 280 East Broad St Columbus, Ohio 43215 <i>West Conference Room</i>	<u>Cooking Demo:</u> 9/13/2016 12 p.m. - 1 p.m.			

Avocado and Chickpea Salad Sandwiches

This refreshing upgrade to classic egg salad gets its creaminess from heart healthy avocado instead of not-so-heart healthy mayonnaise. Chickpeas (also known as garbanzo beans) are a heart healthy source of fiber and lean protein that will help keep you full and satisfied.