

# Milwaukee Ald. Coggs: Free session on Sunday to teach how to prepare healthy and delicious meals

Posted on Monday, Jan 8, 2018

>> **WisPolitics is now on the State Affairs network. Get custom keyword notifications, bill tracking and all WisPolitics content. [Get the app or access via desktop.](#)**

Ald. Milele A. Coggs

(414) 286-2994

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.