

COOKING MATTERS®

Hands-on Cooking Classes for Adults

This six-week course offers a weekly two-hour class with trained educators who teach food preparation, grocery shopping, food budgeting, and nutrition. **Cooking Matters** teaches families how to prepare healthy meals.



DATE:

LOCATION:

Skills participants learn include how to:

- use a knife
- read food labels
- cut up a whole chicken
- make a healthy meal

Participants say:

This class has taught me that food can be healthy and flavorful.”

Nikki

This course has affected my household greatly. We cook more together and I feel more confident in the kitchen.”

Cassidy

Participants take home ingredients at the end of the first four classes to practice preparing class recipes.

To sign up for a local COOKING MATTERS course, please contact:

Name: _____

Phone or email: _____

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EXTENSION

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