



SHARE OUR STRENGTH'S
COOKING
MATTERS™
NO KID HUNGRY

MICHIGAN STATE
UNIVERSITY

Extension

FREE CLASSES

Cooking & Nutrition



*Taught by a
Chef & Nutritionist*



Free Groceries: *Make these recipes at home!*
Free Cookbook: *Secrets from the pros!*
****6 weeks 2 hours each week****

Topics:

Healthy Snacks
Food Safety at Home
Planning Balanced Meals

Shopping Smart
Cooking Tips from the Chef
Tips for Eating Out

WHEN: Thursdays, March 19, 26, April 2, 9, 16, 23

WHERE: Carman-Ainsworth H.S. Home Ec. Room
6:00 p.m. to 8:00 p.m.

*To sign up for class, please contact: Michele Olney
591-7238*

Commitment to attending all classes is required. If you are unable to attend class, let your site coordinator know as soon as possible.

Limited space is available on a first-come, first-serve basis!