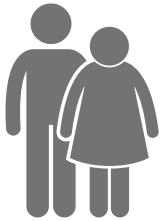


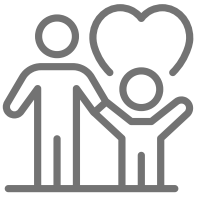
COOKING MATTERS

Cooking Matters is a cooking and nutrition class that helps low-income individuals and families prepare healthy and delicious meals on a budget. Classes meet for 2 hours a week for 6 consecutive weeks.



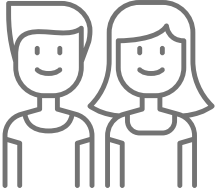
Cooking Matters for Adults

Adult participants learn chef's secrets, healthy cooking on a budget and smart shopping ideas.



Cooking Matters for Families

Children ages 8-12 and their caregivers learn about making healthy choices.



Cooking Matters for Teens

Teens ages 13-18 learn how to prepare healthy recipes and make smart choices when at school, shopping, or eating out.



Cooking Matters for Kids

Children ages 8-12 learn how to prepare healthy recipes independently and make smart choices when at school, shopping, or eating out.



Cooking Matters for Childcare Providers

Childcare professionals learn to plan and prepare healthy meals and snacks for the children in their care. Funding required.

Note: this session may be offered in multiple format styles outside of the 6-week series.