

Cooking Matters For Adults



Learn how to prepare healthy, delicious meals and stretch your food dollars! Sign up now for a Cooking Matters nutrition and cooking education class!

Topics covered include:

- Cooking tips and techniques
- Tips for proper food safety, storage and sanitation
- Nutrition information to keep your family healthy
- Budgeting—Stretch your food \$\$ and *maximize* your resources!!
- Tips to get your family to try new foods
- Shopping Smart tips

- A bag of FREE groceries for one of the lesson's recipe each week for you to prepare the meal at home.
- Lessons feature hands-on learning and include group discussion with instructors.
- Graduation certificate, recipe book and other freebies provided upon completion of the program.
- **FOOD** —prepared by you...the class participants!

Class Meets:

**Wednesdays May 30, June 6,
13, 20, and 27th (plus an
additional day
for shopping tour)**

**Time: 4:00pm – 6:00pm
Unity Community Center
32 School Street**

*For more information, or to enroll,
please contact Beth:
207-620-4578*

This free program is brought to you by:



**Good Shepherd
Food-Bank**
Feeding Maine's Hungry



SHARE OUR STRENGTH'S
**COOKING
MATTERS™**
NO KID HUNGRY

Cooking Matters is open and accessible to all in accordance with program goals.