



COOKING MATTERS®

JOIN US FOR A FREE ONLINE EDUCATION SERIES!

Aug 19 & 21/ Snacking

Learn to make smart choices about the snacks you serve and involve kids in snack preparation.

Aug 26 & 28/ Kids in the Kitchen

Learn to work together with the kids to make healthy meals and snacks that everyone will enjoy.

Sept 2 & 4/ 3:30 PM Sept 3/ 10:00 AM

Recipes

Learn to plan and prepare quick, budget-friendly, and chaos-free meals at home.

Sept 9 & 11 / 3:30 PM Sept 8/ 10:00 AM

Cooking At the Store (Virtual)

Learn to use a budget to quickly identify and shop for healthy foods at the grocery store.

PARTICIPANTS
WILL RECEIVE A
\$10 GIFT CARD
FOR EACH
SESSION THEY
ATTEND!!

[Register here](#) 5 minutes before the class
or call 970-400-2382 leave a message
with your phone number and
we will text you the link



For questions please call or email 970-400-2382 or ogonzalez@weldgov.com