

COOKING MATTERS®

JOIN US FOR A FREE ONLINE EDUCATION SERIES!

Sept 16 & 18/ 3:30pm Sept 17/ 10:00am

Snacking

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

Sept 23 & 25/ 3:30pm Sept 24/ 10:00am

Family Meals

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

Sept 30th & Oct 2/ 3:30pm Oct 1/ 10:00am

Cooking Matters at the (Virtual) Store

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

Oct 7 & 9 / 3:30pm Oct 8/ 10:00am

Making Recipes Work for Your Family

Learn to adjust recipes to maximize your current food resources and meet your family's needs.

Oct 14 & 16 / 3:30pm Oct 15/ 10:00am

Food Storage and Safety

Learn to maximize food resources, store or preserve your fresh foods safely, and avoid numerous grocery store trips.

Oct 21 & 23/ 3:30pm Oct 22/ 10:00am

Cook-Along

Join us for a virtual cook-along cooking demonstration.

Oct 28 & 30/ 3:30pm Oct 29/ 10:00am

Kids in the Kitchen

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

[Register here 5 min before the class](#)

PARTICIPANTS
WILL RECEIVE A
\$10 GIFT CARD
FOR EACH
SESSION THEY
ATTEND!!
(one/topic)



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

[leave a msg with your phone number and we will text you the link](#)