



Cooking Matters

FREE Cooking Class Series

Learn how to prepare healthy, delicious meals
& stretch your food dollars

Learn new...

- Cooking tips & techniques
- Tips for proper food safety & storage
- Nutrition info to keep your family healthy
- Ways to stretch food \$\$ & maximize your resources!
- Tips to get your family to try new foods
- Smart shopping tips

Dates and Time:

Tuesdays, April 25 – May 30
10:00am – Noon

Location:

RSU 24 Adult Education, Sullivan

**To register or for more information,
contact:**

adultedinfo@rsu24.org • (207) 422-4794

You will receive a bag of FREE groceries each week to prepare one of the lesson's recipes at home. Graduation certificate, recipe book, and other free resources provided upon course completion.

In partnership with



This institution is an equal opportunity provider. Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community coalitions. Maine SNAP-Ed educates low-income families on low cost, healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.

