

# Does Cooking Matter to You?



Learn how to prepare healthy, delicious meals and stretch your food dollars, as a family from trained nutrition professionals!

## 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 healthfully on a limited budget

- A bag of FREE groceries for one of the lesson's recipe each week for you to prepare the recipe 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 the chef and you...the class participants!

## Class Information:

- Save the Date
- When: January 17<sup>th</sup>-February 28<sup>th</sup>
  - (skip February 14<sup>th</sup>)
- Time: 6:00pm- 8:00pm
- **Must commit to attend the entire course**
- **No children under 6**

*For more information or to register contact:*

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This free program is brought to you by:

UNIVERSITY OF MISSOURI  
 Extension  
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 Operation  
Food Search

SHARE OUR STRENGTH'S  
COOKING  
MATTERS™  
NO KID HUNGRY

If you need special accommodation to participate, please let us know at time of registration.

Funded in part by USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp/](http://dss.mo.gov/fsd/fstamp/)