

# Does Cooking Matter to You?



Learn how to prepare healthy, delicious meals and stretch your food dollars from trained culinary and 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:**

**Location:** Immanuel Lutheran Church – 1001 Immanuel Dr. Boonville, MO

**Dates:** Tuesdays beginning Jan. 9 – Feb. 13

**Time:** 5:30-7:00 p.m.

**Must commit to the entire course**

For more information contact:

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**This free program is brought to you by:**



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**COOKING  
MATTERS™**  
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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/)