

Does Cooking Matter to You?



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

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

- 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/dietitian and you...the class participants!

Class Information:

- Classes held in the community dining space of Rolla Senior Apt.
- May 30th – July 11th
(Excluding July 4th)
- Meets Thursday
- 3:30 pm
- **Must commit to attend the entire course**

For more information contact:
Rachel Buenemann
573-458-6260

This free program is brought to you by:



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/