



Cooking Matters

For Adults

FREE Cooking and Nutrition Class

- *Learn tips from a real chef!!
- *Prepare a recipe every class!!
- *Nutrition activities for Healthy Eating!!
- *Food Safety and Shopping smart!!
- *Plan your meals and your budget!!
- *Tips for Eating out
- * Free Groceries!! *Free Cookbook!!



Participation in All 6 Weeks is Required!

Space is limited!!! Call or e-mail to register!!!

MSU Extension Community Nutrition Instructor, Vickie Pfeifer

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Next series starts March 20, 2019 (Wednesdays 6-8 pm) 3/27, 4/3, 4/10, 4/17, and 4/24.

Lenawee Human Services Building, 1040 S. Winter Street, Adrian 49221



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