



Cooking Matters for Adults

DATE & TIME:

Tuesdays, 6-8 pm
January 28,
February 4, 11, 18, 25,
March 3

Participation and attendance
at all 6 lessons is required

LOCATION:

MSU Extension Demo Kitchen
1040 S. Winter St., Suite 2020,
Adrian, MI 49221

COST:

Free
Pre-registration required

CONTACT:

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#SNAPEdWorks.

Funded by the USDA.

Delivered by MSU Extension.



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Cooking Matters for Adults is a nutrition program where participants will learn how to eat healthy, cook and grocery shop on a limited budget. The program consists of six lessons, lasting two hours each. With the help of an experienced chef and nutrition educator, participants will gain the skills and confidence to make healthy, budget friendly meals for their family.

Most weeks, participants will receive take-home groceries, which they can use at home to practice a recipe they learned in class.

One of the lessons includes a grocery store tour that includes a hands-on shopping challenge that provides a chance to use the skills learned in class.

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