



# Cooking for One

## DATE & TIME:

Thursdays 6:00—8:00pm;  
6 lessons starting  
January 23, 30,  
February 6, 13, 20, and 27.

## LOCATION:

Hudson Carnegie District Library  
205 S. Market Street  
Hudson, MI 49247

## CONTACT:

Vickie Pfeifer  
Community Nutrition Instructor  
Michigan State University  
Extension  
pfeiferv@msu.edu  
(517)264-5303

Registration is required



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Whether you're living on your own for the first time, a single college student, a hard-working adult, or a senior on your own, cooking for one can be fun!

Over the course of six, 2-hour lessons, you will:

- Learn ways to make cooking for one simple and enjoyable
- Learn helpful tips and tricks to making healthy choices, like eating well and being active
- Participate in cooking real recipes for one

**Pre-registration required.**



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