



SHARE OUR STRENGTH'S
**COOKING
MATTERS**
NO KID HUNGRY

SIGN UP TODAY FOR FREE COOKING CLASSES!

Date: Tuesdays,
March 13 – April 21
(no class 4/3)

Time: 2:50-4:50pm

Location: Teachers'
Lounge, Washington
Elementary

Register:

Email:
WashingtonElmPTATreasurer@
gmail.com

Please plan to come to
class every week.



NATIONAL SPONSORS



COOKING MATTERS FOR FAMILIES

Learn how to prepare fast, delicious and healthy meals
on a budget with your family. Your children are welcome!

Come join us for 6 FREE cooking classes!

Practice skills like:

- Preparing healthy and delicious recipes quickly
- Buying fruits and vegetables on a budget
- Comparing prices to find bargains
- Reading and comparing food labels
- Planning affordable meals and sticking to your budget!

In each class you will:

- Cook and eat a healthy meal
- Receive a FREE bag of fresh produce and new recipes to make at home

Graduates from Cooking Matters will receive:

- A free book full of tasty recipes and tips on how to choose and buy healthy, low-cost foods
- A reusable grocery bag
- A graduation diploma

Cooking Matters is a series of cooking classes that show how quick and easy it is to prepare whole, fresh, healthful fruits and vegetables. The program is a project of 18 Reasons and is made possible through the generous support of Share our Strength.

www.18reasons.org

