



SHARE OUR STRENGTH'S  
COOKING  
MATTERS™  
NO KID HUNGRY

MICHIGAN STATE  
UNIVERSITY

Extension

# FREE CLASSES

## Cooking & Nutrition



*Taught by a  
Nutritionist*



**Free Groceries:** *Make these recipes at home!*  
**Free Cookbook:** *Secrets from the pros!*  
**\*\*6 weeks 2 hours each week\*\***

### Topics:

Healthy Snacks  
Food Safety at Home  
Planning Balanced Meals

Shopping Smart  
Cooking Tips  
Tips for Eating Out

**WHEN:** Starts Monday, October 9th, 2017, 12:00 - 2:00

**WHERE:** Swartz Creek Senior Center

*To sign up for class, please contact:*

**810-635-4122**

Commitment to attending all 6 classes is required. If you are unable to attend class, let your site coordinator know as soon as possible.

*Limited space is available on a first-come, first-serve basis!*