



University of
New Hampshire
Cooperative Extension



SHARE OUR STRENGTH'S
COOKING
MATTERS™
NO KID HUNGRY



COOKING MATTERS™ for Families

**A 6-week Cooking and Nutrition Series
for Families with Children Ages 5 and up**

- Learn basic cooking skills necessary to prepare healthy, low-cost meals.
- Develop healthy eating habits at home, at school, and when eating out.
- Prepare and share meals together!
- Families will receive a bag of groceries to re-create the meal at home.



This is a FREE Program!

WHEN

WHERE

TO REGISTER CONTACT

COOKING MATTERS™
is locally sponsored by:



Contact Brenda Carey for eligibility guidelines.

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