



Parents



Get the Most Out Of Your Meals!

A FREE Cooking and Nutrition Series

offered through UNH Cooperative Extension Nutrition Connections, Cooking Matters®, and the NH Food Bank.

- **Cooking tips and techniques.**
- **A bag of FREE groceries each week with recipe ingredients for you to duplicate meals at home.**
- **Lessons feature hands-on learning and include group discussion with instructors.**
- **A meal prepared by the chef and you ... the class participants!**
- **Budgeting - stretch your food \$\$ and maximize your resources!!**



WHEN

WHERE

TO REGISTER CONTACT

For persons with disabilities requiring special accommodations, please contact (name of person) at (phone number) within 7 days so proper consideration may be given to the request. Language assistance is available at no cost.

Income Guidelines Apply