

## Ohio State University Extension SNAP-Ed

Cooking Matters Adult Series of Classes



### WANT TO:

- Prepare delicious, new recipes in a fun setting
- Learn to get your family excited about healthy eating
- Learn tricks to buy healthy food on a budget
- Take home **free groceries** after each lesson
- Receive a guide with 60+ delicious, low-cost, family-friendly recipes and kitchen supplies

IF SO, JOIN US FOR A **FREE** COURSE!

**SIGN UP FOR COOKING CLASSES TODAY!**

**Classes to be held at: Greene County OSU Extension Office**



**THIS COURSE IS FREE TO ADULTS OVER 18 AND WILL BE HELD:**

**Dates:** Wednesdays, July 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, August 3<sup>rd</sup>, and 10<sup>th</sup>

**Time:** 4:30-6:30 pm

#### **Location:**

Greene County OSU Extension Office  
100 Fairground Rd.  
Xenia, Ohio 45385

#### **RSVP:**

OSU Extension – Greene County  
Phone: 937-372-9971 ext. 121  
E-mail: [Fawley.11@osu.edu](mailto:Fawley.11@osu.edu)



**Questions?** Can't make this course but want to participate in the future? Call 937-372-9971.

This course is for individuals receiving food assistance.

**Meal will be prepared & provided on site.**



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES