OHIO STATE UNIVERSITY EXTENSION

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 <u>free groceries</u> 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 6th, 13th, 20th, 27th, August 3rd, and 10th

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



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.



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