

Cooking Matters at Home



Cooking Matters at Home is a virtual nutrition and cooking education program for individuals, families, or parents.

The program consists of five lessons, lasting 45-60 minutes. Participants will gain skills and confidence to make healthy, budget-friendly meals at home.

Lessons topics include:

- Family Meals
- Food Storage and Kitchen Safety
- Kids in the Kitchen
- Recipes
- Snacking



A NEW VIRTUAL SERIES

Tuesday, November 10,-
December 8, 2020

Classes will begin at 2:00

No Charge to participate

Open to Livingston

County Residents

**Participants will receive
\$10 food gift cards for
each class they attend**

To Register email:

frazie60@msu.edu

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