

# SNAP-Ed, Adult Curriculum



SHARE OUR STRENGTH'S  
**COOKING  
MATTERS**  
NO KID HUNGRY



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

Wednesdays November 9, 16,  
23, 30, December 7 and 14

12:15 p.m. to 2:15 p.m..

Zion Lutheran Church  
301 N. Market Street  
Wooster, OH 44691

To sign up, contact:  
Darcy Becker, OSU Extension  
330-264-8722 or  
becker.340@osu.edu

**SIGN UP TODAY  
SPACE IS LIMITED**

PROJECT SPONSOR



NATIONAL SPONSOR



## ADULTS, WANT TO:

- SAVE MONEY ON FOOD?
- MAKE HEALTHY MEALS?
- FIND NEW RECIPES?
- GET FREE GROCERIES?

**If so, join us for a free course!**

### ***In Cooking Matters for Adults you'll:***

- 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



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES