

SNAP-Ed Cooking Matters Adult Series of Classes

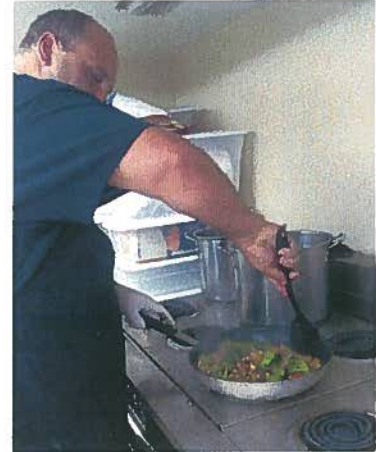


WANT TO:

- 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: **Zion Lutheran Church, Wooster**



DETAILS:

Dates: Thursdays, June 6, 13, 20, 27, July 11 and July 18

Time: 11:00 to 1:00p.m.

Location: Zion Lutheran Church Fellowship Hall
210 North Market Street
Wooster, OH 44691

RSVP: OSU Extension – Wayne County
Phone: 330-264-8722, Email: becker.340@osu.edu

Questions?

Can't make this course but want to participate in the future?
Call 330-264-8722.

This course is **FREE** and open to adults 18 and over and for individuals on Food Assistant Programs such as SNAP-Ed, WIC, Soup Kitchens, etc.



With generous support from the



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