



# WANT TO IMPROVE YOUR COOKING SKILLS BUT DON'T KNOW WHERE TO BEGIN?

Join *Cooking Matters in Gardiner* for a **FREE 6-week class for adults.**

**Learn how to prepare healthy, delicious meals and stretch your food dollars from a real chef and nutritionist!**

- A bag of FREE groceries for one of the lesson's recipe each week for you to prepare the meal at home.
- Lessons feature hands-on learning and include group discussion with instructors.
- Graduation certificate, recipe book and other freebies provided upon completion of the program.
- Nutrition information to keep your family healthy.
- Tips to get your family to try new foods.
- **FOOD** —prepared by the chef and you...the class participants!

**Dates & Time:** 6 Wednesdays beginning February 22 from 6-8 pm

**Location:** Faith Christian Church, Rt. 201, Gardiner, across from the Laura E. Richards school

*Cooking Matters is open and accessible to all in accordance with program goals.*



This class locally coordinated by:



**Space is limited. Please call 712-9734 with questions or to sign up.**

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