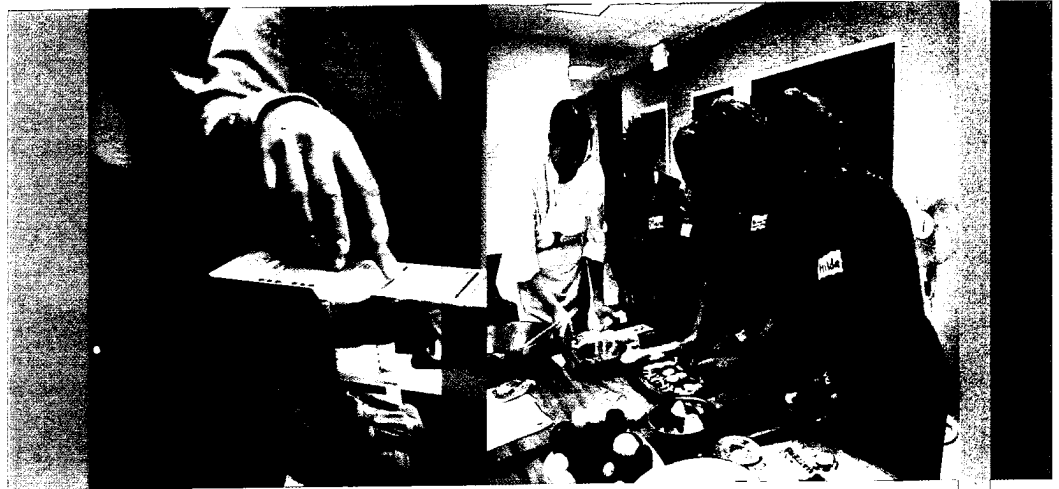




SHARE OUR STRENGTH'S  
**COOKING  
 MATTERS**  
 NO KID HUNGRY



**SIGN UP TODAY!**

**Who:** Parents

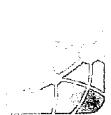
**Date:** Thursdays Starting  
 January 11, 2018 – February  
 15, 2018

**Time:** 9:00 am - 11:00 am

**Location:** Delta Family  
 Center – Upper Community  
 Room

**RSVP:** Erin White  
 874-9517

**Child care will be  
 provided.**



Family Resource  
 Center Association

NATIONAL SPONSORS



## COOKING MATTERS FOR PARENTS

*A free 6-week course teaching parents how to prepare and shop for healthy, low-cost meals while empowering them to raise healthy eaters. Class meets once a week, for 2 hours. To graduate the class, you must attend 4 out of the 6 class sessions.*

Course topics include:

- Tips on raising healthy eaters and setting the example
- Food safety and hands-on food preparation
- Identifying healthy food options and portion sizes
- Reading food labels
- Preparing quick and easy healthy snacks
- Menu planning and smart shopping

Each week you will receive:

- A bag of groceries
- Enjoying the food you have prepared in class

At the completion of the course series, you will receive:

- A guidebook with all nutrition information and a recipe bank
- A graduation certificate