Cooking Matters for Adults

Monday afternoons
April 16, 23, 30; May 7, 21; June 4 2018

DATE & TIME:
Monday’s beginning on April 16 and running to June 4 (skipping May 14 & 28)
12:00—2:00 pm

LOCATION:
Hope Clinic
518 Harriet St
Ypsilanti, MI 48197

COST:
No charge

TO REGISTER PLEASE CALL: (734) 222-3924
palmer15@msu.edu

OR REGISTER AT:
https://events.anr.msu.edu/
Hope_Clinic/

Cooking Matters helps families to shop for and cook healthy meals on a budget.

DESCRIPTION:
Each course is team-taught by a volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Adult participants take home a bag of groceries at the end of each class.

Each class focuses on how to:
- Select nutritious foods
- Prepare healthy food
- Choose budget-friendly

CALL TO REGISTER:
Call Michigan State University Extension:
(734) 222-3924
Palmer15@msu.edu

Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations.
Additional Event Information

Mondays for 6 weeks beginning April 16th from 12:00-2:00.

Hope Clinic

Accommodations for persons with disabilities may be requested by contacting:

Janelle Palmer at (734) 222-3924 by April 2, 2018 to make arrangements. Requests received after this date will be fulfilled when possible.