While there is no cost to attend Healthy Food, Healthy Families & Cooking Matters for Adults, registration is required by Monday of the first week before the start of each course. Pick one cooking course that fits your schedule. Limited space based on income eligibility.

More information & To Register Contact:

Mary Donaldson
Nutrition Instructor
MSU Extension
(734) 222.3956
morrism4@anr.msu.edu
Participants will learn to make healthier choices and cook delicious, affordable meals.

Nutrition information, tips on how to stretch a food budget, hands-on cooking, grocery shopping tips are included in each six-week course.

Accommodations for persons with disabilities may be requested by contacting MSU Extension two weeks before your course choice starts to make arrangements call 734.222.3956. Requests received after this date will be fulfilled when possible.

Classes & materials generously supported with grants through these Sponsors: