



COOKING MATTERS

To register, please call Kelly: 719-309-4752
Questions? Email jessie@careandshare.org

SIGN UP TODAY!

Adults 18 years and older
Wednesdays, May 3-June 7
6:00-8:00 p.m.

A free 6-week course teaching adults how to prepare and shop for healthy, low-cost meals. 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:

- Identifying healthy food options and portion sizes
- Food safety and hands-on food preparation
- Reading food labels
- Preparing quick and easy healthy snacks
- Menu planning and smart shopping

Each week you will receive a bag of groceries and enjoy the food you have prepared in class.

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

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



**COOKING
MATTERS**[®]

Mt. Carmel Veterans Service Center • 530 Communication Circle • Colorado Springs, CO 80905