



## Free Classes

For more information  
contact:

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**You must call to  
reserve a spot**



**LIVE UNITED**



United Way of Treasure Valley



## COOKING MATTERS

Share Our Strength's Cooking Matters™ teaches individuals and families how healthy cooking can be delicious, enjoyable—and most important—affordable.

Through this **FREE 6-week course**, participants can learn how to select nutritious and low-cost ingredients and prepare them in flavorful ways that provide the best nourishment for themselves and their families.

### Topic Include:

- Cooking techniques, food safety, storage, and sanitation
- Preparing nutritious and delicious food on a budget
- Nutrition information to keep families healthy
- Budgeting tips to stretch food dollars and maximize budget

### Each Week Participants Receive:

- Hands-on culinary instruction from a chef and a shared meal with the class
- A bag of FREE groceries for adult participants to take home and prepare for their families while practicing the skills learned in class
- Recipe book, graduation certificate, and gift bag upon completion of the course

**Location: Riggins Community Center**

**(Downtown behind Chevron)**

**Day: Fridays, March 3- April 14**

**Time: 2-4pm**

\*\*Courses are open to households at or below 200% of the federal poverty level (about \$3,842/month for a family of four).

Proof of income is not required.