



SHARE OUR STRENGTH'S
**COOKING
 MATTERS**[®]
 NO KID HUNGRY



SIGN UP TODAY FOR A FREE COOKING CLASS!

July 26th -
 August 30th
 6-8pm

St. Paul's Episcopal
 Church
 22 Dillman Drive
 Council Bluffs, IA

Space is limited so
 please register with:

Shelby Anderson-Holt

402.502.1642

or

sandersenholt
 @nmepomaha.org

COOKING MATTERS[®] FOR ADULTS

During this free 6-week course, participants learn about healthy eating on a budget from a nutritionist and cooking skills from a professional chef. Learn how to make healthy and delicious food at home for your family!

Recipes will use fresh, local produce from Tomato Tomäto each week and participants will also take some home along with other goodies to practice their skills!

Learn skills like:

- **Adding more fruits and vegetables to your meals**
- **Identifying whole grains**
- **Knife skills and food safety**
- **Reading food labels**
- **And how to prepare a meal for a family of 4 for under \$10!!**

