



Want to learn to cook healthy foods?
Need some delicious recipes?

Then the
Nutrition is for Everyone
program is for you!

Cooking Matters

**Come join us for a FREE
Six-week cooking course!**

CLASS SCHEDULE

All classes are scheduled on a **Monday**
and are from **5:00 - 7:00 pm**

November 07, 2016	November 28, 2016
November 14, 2016	December 05, 2016
November 21, 2016	December 12, 2016

Elmwood Fitness Center Auditorium
1200 S Clearview Pkwy.
Elmwood, LA 70123

**To enroll or find out more information
about the classes, please call**

Raquel Castaneda
504-888-9111 Ext. 217

Nutrition is for Everyone partnered with Second Harvest Food Bank & nonprofit organizations across Louisiana to bring nutrition and cooking education to people with disabilities and their support people.

You'll Learn How To...

- Make the most of your food resources
- Cook nutritious, delicious food

- Make the best decisions at the grocery store
- Cook healthy, delicious meals
- Read labels and understand basic nutrition

You Will Receive...

- FREE book full of recipes and simple tips on cooking and buying healthy, low-cost foods
- A \$15 stipend for each class that you attend

PROVIDED FREE OF CHARGE BY



Changing Lives. Every Day.

Contact us and find out how we can help.
504-888-9111 • fhfjefferson.org
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