



SHARE OUR STRENGTH'S  
**COOKING  
MATTERS**<sup>®</sup>  
NO KID HUNGRY

*Get more food for  
your money*

*Prepare food in  
healthy and  
delicious ways*

- **Cook nutritious and delicious food on a budget!**
- Get a free bag of groceries each week!
- Ask a nutritionist your questions and work with a chef to prepare healthy meals!
- Take a trip to the grocery store to learn to shop for healthy and affordable food!
- Meet your neighbors in class and share ideas for making small changes toward a healthier life!

**Thursdays**

**March 2<sup>nd</sup> to April 6th**

**6:00pm-8:00pm**

**Trinity Episcopal Church  
17 Congress Street  
Milford, MA**

Sign up with your  
organization or  
Contact Shannon Nisbett  
at the Hockomock Area  
YMCA  
774-291-2315  
[ShannonN@hockymca.org](mailto:ShannonN@hockymca.org)

*This course changed my life by showing me that you don't need to spend a lot to get healthy meals on the table. I've noticed that I am not wasting as much food at the end of the week.*

*—Jennifer, Cooking Matters graduate*



**Class is FREE - Sign Up Today!**