

SNAP-Ed Cooking Matters Adult Series of Classes



WANT TO:

- Prepare delicious, new recipes in a fun setting
- Learn to get your family excited about healthy eating
- Learn tricks to buy healthy food on a budget
- Take home *free* groceries after each lesson
- Receive a guide with 60+ delicious, low-cost, family-friendly recipes and kitchen supplies

IF SO, JOIN US FOR A **FREE** COURSE!



SIGN UP FOR COOKING CLASSES TODAY!



Classes to be held at: First Baptist Church, Waverly

THIS COURSE IS FREE TO ADULTS 18 AND OVER AND WILL BE HELD:

Dates: Mondays, April 10, 17, 24, May 1, 8 and 15
Time: 10:30 A.M – 12:30 P.M.
Location: First Baptist Church
303 East 3rd Street
Waverly, OH 45690

Call or Email Tammy Jones to Register:

OSU Extension – Pike County
740-289-4837
jones.5640@osu.edu



Questions?

Can't make this course but want to participate in the future? Call 740-289-4837.

This course is for individuals on Food Assistant Programs such as SNAP-Ed, WIC, Soup Kitchens, Food Pantries, etc.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

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