



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY COOKING MADE EASIER

## COOKING MATTERS: A Free Cooking Workshop Series

The YMCA in partnership with Sedgwick County Extension is excited to offer a series of hands-on cooking classes called Cooking Matters to parents at a variety of locations (you do not have to be a Y member). The free Cooking Matters series helps families learn to shop for and cook healthy meals on a budget.

**This is a 6-week program for adults only (parents or caregivers to children). There is no fee to participants. However, please make sure you will be able to attend at least five of the six class dates listed. This program is especially helpful for parents or caregivers from low income households to stretch your budget.**

Weekly topics include:

- Free take-home groceries to try new recipes on your family
- Meal planning & budgeting
- Incorporating more fruits, veggies, and whole grains
- A grocery store tour for affordable, healthy foods
- Hands-on cooking & tasting of nutritious dinner ideas

**Space limited for this free program—Registration required.  
See list of class locations and times on the back.**

For Cooking Matters registration contact Tammi Krier, Healthy Eating Director,  
YMCA 316-776-8176 or [tammi.krier@ymcawichita.org](mailto:tammi.krier@ymcawichita.org)

Cooking Matters is a program of Share Our Strength's No Kid Hungry Campaign.



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Current locations (dates and times subject to change)

Advance registration required through:

Tammi Krier 316-776-8176 or [tammi.krier@ymcawichita.org](mailto:tammi.krier@ymcawichita.org)

Organization Name	Address of class site	Dates	Day of Week	Time
Hunter Health Clinic	2318 E. Central, Wichita	3/19/18 to 4/23/18	Mondays	10:00A-12:00P
HealthCore Clinic	2707 E. 21st St., Wichita	4/19/18 to 5/24/18	Thursdays	10:00A-12:00P
Downtown YMCA *Free childcare opportunity available	402 N. Market St., Wichita	5/7/18 to 6/18/18 *skips 5/28	Mondays	6:00P-8:00P