



Cooking Matters for Adults

Packard Health West

**Saturday afternoons
January 13—February 17, 2018**

DATE & TIME:

Saturday's beginning
on January 13 and
running 6 weeks.

1:00—3:00 pm

**LOCATION: Packard
Health West**

**1915 Pauline Boulevard
Ann Arbor, MI 48103**

COST:

No charge

TO REGISTER PLEASE

CALL: (734) 222-3924

palmer15@msu.edu

OR REGISTER AT:

https://

events.anr.msu.edu/

CMA_Packard_Health/



**Cooking Matters helps families to shop for and
cook healthy meals on a budget.**

DESCRIPTION:

Each course is team-taught by a volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Adult participants take home a bag of groceries at the end of each class.

Each class focuses on how to:

- Select nutritious foods
- Prepare healthy food
- Choose budget-friendly

CALL TO REGISTER:

**Call Michigan State
University Extension:**

(734) 222-3924

Palmer15@msu.edu

Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual or veteran status. Persons with disabilities have the right to request and receive reasonable accommodations.



SHARE OUR STRENGTH'S
**COOKING
MATTERS**
NO KID HUNGRY

Additional Event Information

Saturdays for 6 weeks beginning January 13th from 1:00-3:00.

Packard Health West

Accommodations for persons with disabilities may be requested by contacting:

Janelle Palmer at (734) 222-3924 by January 5th 2017 to make arrangements. Requests received after this date will be fulfilled when possible.



MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. Persons with disabilities have the right to request and receive reasonable accommodations.