



**SIGN UP
TODAY!
SPACE IS LIMITED!**

COOKING MATTERS FOR PARENTS/ADULTS

Who: Parents/Adults

Date: Tuesdays, March 10th –
April 14th

Time: 6:00pm – 8:00pm

Location: River Center, 126
N. 4th St, New Castle, CO
81647

RSVP:

River Center: 970-984-4333,
please leave a message if no
one answers.

*A free, hands on, 6-week course teaching parents how to prepare and shop for healthy, low-cost meals while empowering them to raise healthy eaters. Class meets once a week, for 2 hours. To graduate the class, you must attend **4 out of the 6** class sessions.*

Course topics include:

- Tips on raising healthy eaters and setting examples
- Food safety and hands-on food preparation
- Identifying healthy food options and portion sizes
- Reading food labels
- Preparing quick and easy healthy snacks
- Menu planning and smart shopping

Each week you will receive:

- A bag of groceries, to practice recipes at home
- Enjoy the food you have prepared in class

At the completion of the course series, you will receive:

- A guidebook with all nutrition information and a recipe bank
- A graduation certificate, chef's knife and cutting board!

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