

# Does Cooking Matter to You?



Learn how to prepare healthy, delicious meals and stretch your food dollars from a real chef!  
Sign up now for a Cooking Matters nutrition and cooking education class!

## Topics covered include:

- Cooking tips and techniques
- Tips for proper food safety, storage and sanitation
- Nutrition information to keep your family healthy
- Budgeting—Stretch your food \$\$ and *maximize* your resources!!
- Tips to get your family to try new foods
- Shopping Smart tips

- A bag of FREE groceries for one of the lesson's recipe each week for you to prepare the meal at home.
- Lessons feature hands-on learning and include group discussion with instructors.
- Graduation certificate, recipe book and other freebies provided upon completion of the program.
- **FOOD** —prepared by the chef and you...the class participants!

## Class Meets:

**Wednesdays 2/8-3/15**

**5:30-7:30 pm**

**Lovell United Church of Christ**

**1174 Main St.**

**Lovell, ME 04051**

*For more information, or to enroll,  
please contact:*

**207-925-1321**

This free program is brought to you by:



**Good Shepherd  
Food-Bank**  
*Feeding Maine's Hungry*



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

*Cooking Matters is open and accessible to all in accordance with program goals.*

*\*Childcare provided including dinner for the children*