



Cooking Matters For Adults

Share Our Strength's Cooking Matters™ classes provide a culinary enhanced nutrition education program that teaches you how to prepare meals that are healthy, tasty and low in cost. Each lesson includes hands-on meal preparation, practical nutrition tips and food budgeting skills.



Two Sessions to choose from this Summer:
Both are Tuesday Evenings 5:30-7pm

Session 1: June 21, 28, July 5, July 12, July 19

Session 2: August 9, 16, 23, 30, Sept. 6

We are cooking in the basement kitchen of
Christ Church at 35 Paris St Norway

It's Free and it's FUN and it's In Person!

- Hands-on learning and group discussions
- Recipes are prepared and enjoyed during class
- Recipe book included
- Certificate of achievement upon completion



For more information and to register please contact Holly Stuhr Holly.stuhr@mainehealth.org

This institution is an equal opportunity provider.
Maine SNAP-Ed is funded by the USDA's Supplemental Nutrition Assistance Program, or SNAP, which is administered by the Maine Department of Health and Human Services (DHHS) and implemented statewide by the University of New England (UNE) through contracts with local community organizations. Maine SNAP-Ed educates low-income families on low cost, healthy eating and active lifestyles. Contact mainesnap-ed@une.edu or 207-221-4560 for more information.

