

COOKING MATTERS

NUTRITION CLASS

COOKING HEALTHY FOOD THAT TASTES GOOD ON A BUDGET
EMPHASIS ON DIABETIC NEEDS!

CLASS IS FREE!!!

KIT CARSON HIGH SCHOOL
102 W 5TH AVE, KIT CARSON, CO 80825
THERE WILL BE 6 CLASSES
JUNE 30, JULY 7, 14, 21 & AUGUST 4, 11
FROM 5:00 PM TO 7:00PM
YOU MUST ATTEND AT LEAST 4!

PRESENTED BY:
ABBY WEBER, INSTRUCTOR
CSU EXTENSION AGENT, BENT COUNTY

WHAT YOU WILL LEARN:

- CHEF'S SECRET
- SHOPPING WITH STRATEGY
- PRACTICAL NUTRITION
- KITCHEN SAFETY & BASICS
- 65 TASTY & HEALTHY RECIPES
- PREPARE & ENJOY FOOD AS A CLASS
- RECEIVE COOKING UTENSILS
- RECEIVE FREE GROCERIES WITH EVERY CLASS!

