

FREE CLASSES

Cooking and Nutrition

(\$100 value)

Free Groceries

Free Cookbook



SHARE OUR STRENGTH'S
**COOKING
MATTERS**[®]
NO KID HUNGRY

Topics Include

- Healthy Snacks
- Food and Safety at Home
- Planning Balanced Meals
- Shopping Smart
- Cooking Tips
- Tips for Eating Out



MICHIGAN STATE
UNIVERSITY

Extension

Registration is Required.

Please Contact Angela Johnston to register or for more information.

906-248-8399

Class Dates: May 23, May 30, June 6, June 13, June 20, & June 27

Wednesdays from 5:00-7:00pm

Located at Waishkey Bay Farm's Gitigaan Hall

10135 W Mills Rd | Brimley, MI 49715 |

Limited space is available on a first-come, first-serve basis!

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