

Eating Right

Getting the Most Out Of Your Meals

A cooking and nutrition series offered through UNH Cooperative Extension Nutrition Connections, Operation Frontline, Portsmouth Head Start, and the Seacoast Family Food Pantry.



This FREE program includes:

A FREE package of recipe ingredients will be provided at the end of several classes for preparation of meals at home.

Lunch will be prepared by the group and eaten together!



TOPICS COVERED INCLUDE:

- Cooking Tips and Techniques
- Making Healthy Meals
- Food Safety
- Stretching Your Food Dollar!!
- Cooking Without Meat

Class meets every Tuesday for six weeks:

**October 27 • November 3, 10, 17, 24 • December 1
10 a.m. to 12 p.m.**

COMMUNITY CAMPUS, 100 CAMPUS DRIVE, PORTSMOUTH

Pre-registration is required. Please contact Diane Giese at 436-6161.