

# COOKING MATTERS™ for

# TEENS

in collaboration with PHA Out of School Time Programs

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Learn the basics of  
**NUTRITION  
COOKING AND  
HEALTHY EATING**

in hands-on cooking classes.

**For Ages 12-16 ...**

Practice preparing dinners, lunches,  
snacks, and breakfast. All meals are  
healthy, low cost, and tasty!

This program is offered by Portsmouth Housing Authority  
Out of School Time Programs in collaboration with  
UNH Cooperative Extension and Cooking Matters™.

**LOCATION:**

**Gosling Meadows Community Ctr  
Portsmouth**

**Six Classes on Wednesdays:**

**January 18 - February 22  
6:30 to 8:00 p.m.**

**To register, contact:**

**Emmanouella Vendouri  
Resident Services Coordinator  
(603) 828-9843**

**COST:**

**This is a FREE program!**

*Have fun cooking healthy meals!*

