



Cooking Basics

6-8 FREE in-home sessions tailored to your family's needs!

Let's Have Some Fun In The Kitchen!

Here's what you can learn:

Hands-on cooking . . .
create a recipe file of family
favorite meals.

 Healthy choices for a healthy weight.

· Stretch your food dollars.

Staying active and more!

If you qualify for Food Stamps, WIC, Medicaid, Housing Assistance, or other types of financial assistance, then you qualify for free participation in Nutrition Connections programs.

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