

# 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.