



SIGN UP FOR A FREE COOKING CLASS!

DATES:

Class 1: July 11

Class 2: July 18

Class 3: July 25 (last day to enroll)

Class 4: August 1

Class 5: August 8

Graduation: August 15

TIME: 4:45 pm – 6:45 pm

**LOCATION: Huspah Missionary Baptist Church (kitchen area)
729 Magnolia Street (Hwy 601)
Hampton, SC 29924
(On-site host Women's Ministry)**

**To register call: First Choice Quality Outreach at
1.855.397.0808**

LOCAL SPONSORS



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COOKING MATTERS

Learn to cook healthy meals for you and your family.

- Cook nutritious and delicious food on a budget for 6 hands-on weeks
- Discuss nutrition concepts, cooking methods, knife safety, menu planning and budgeting
- Meet others in class and share ideas for making small changes toward a healthier life

Space is limited to 15 participants. Sign up today!

AS PART OF THE COURSE YOU WILL RECEIVE:



Free in class groceries each week!



Learn healthy recipes, cooking skills & shopping tips!



Receive gifts upon graduation (must attend 4 of the 6 classes)!

This program was partially funded by USDA's Supplemental Nutrition Program as part of SNAP-Ed, brought to you by Cooking Matters®. To find out more, contact 1-866-950-FOOD(3663).