

Cooking Matters at Home

Be a top chef
for your family,
on-line workshops

Join us for any of the Cooking Matters virtual workshops below where you'll learn about planning meals as a family, working together in the kitchen, and food storage & kitchen safety.

Cooking Matters for Families will share tips and tricks for:

- Selecting nutritious foods
- Preparing healthy meals
- Choosing budget-friendly ingredients

July 1 at 10 a.m. | Kids in the Kitchen

July 6 at 7 p.m. | Family Meals

July 15 at 10 a.m. | Food Storage & Kitchen Safety

Registration is required, call 231.924.3073.

Participants qualify for a free reusable grocery bag with fruits and vegetables. Join us on any device with an internet connection or via phone.

