



# Cooking Matters for Adults

Monday afternoons  
January 22—February 26, 2018

## DATE & TIME:

Monday's beginning on  
January 22 and running  
to February 26  
12:00—2:00 pm

## LOCATION:

Hope Clinic  
518 Harriet St  
Ypsilanti, MI 48197

## COST:

No charge

## TO REGISTER PLEASE

CALL: (734) 222-3924  
palmer15@msu.edu

## OR REGISTER AT:

[www.events.anr.msu.edu/  
CMA Hope Clinic/](http://www.events.anr.msu.edu/CMA_Hope_Clinic/)



**Cooking Matters helps families to shop for and cook healthy meals on a budget.**

## DESCRIPTION:

Each course is team-taught by a volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Adult participants take home a bag of groceries at the end of each class.

Each class focuses on how to:

- Select nutritious foods
- Prepare healthy food
- Choose budget-friendly

## CALL TO REGISTER:

Call Michigan State  
University Extension:

**(734) 222-3924**

**[Palmer15@msu.edu](mailto:Palmer15@msu.edu)**

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## Additional Event Information

**Mondays for 6 weeks beginning January 22nd from 12:00-2:00.**

## Hope Clinic

**Accommodations for persons with disabilities may be requested by contacting:**

**Janelle Palmer at (734) 222-3924 by January 15th 2017 to make arrangements. Requests received after this date will be fulfilled when possible.**



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