

## SNAP-Ed Cooking Matters Adult Series of Classes



### WANT TO:

- Prepare delicious, new recipes in a fun setting
- Learn to get your family excited about healthy eating
- Learn tricks to buy healthy food on a budget
- Take home *free* groceries after each lesson
- Receive a guide with 60+ delicious, low-cost, family-friendly recipes and kitchen supplies

IF SO, JOIN US FOR A **FREE** COURSE!

**SIGN UP FOR COOKING CLASSES TODAY!**  
Classes to be held at: **Oberlin Community Services**



With generous support from the



### DETAILS:

**Dates:** Wednesdays, May 3, 10, 17, 24,31 and June 7

**Time:** 11:30– 1:30 p.m.

**Location:** Oberlin Community Services Depot  
285 Professor St.  
Oberlin, OH 44074

**RSVP:** Oberlin Community Services

Phone: 440-774-6579,

Email: [Colette@oberlincommunityservices.org](mailto:Colette@oberlincommunityservices.org)

### Questions?

Can't make this course but want to participate in the future?

Call 440-326-5851

This course is **FREE** and open to adults 18 and over and for individuals on Food Assistant Programs such as SNAP-Ed, WIC, Soup Kitchens, etc.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY

FAMILY AND CONSUMER SCIENCES

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