





Participants receive **FREE**

cooking tools, a

cookbook, and a \$10 Hannaford

gift card!



COOKING

MATTERS

Free Nutrition and Cooking Classes for WIC & Head Start

in partnership with Cooking Matters

March Class Topics

- 1. Making Recipes Work For You
- 2. No More Mealtime Madness
- 3. Money-Saver Alerts
- 4. The Family Kitchen

Location: Online via Zoom

Time: 12:00 pm - 1:00 pm

Dates: Wednesdays, March 6, 13, 20, 27

Who: Parents and caregivers in Washington &

Hancock Counties participating in WIC & Head Start

*Pre-registration and attendance to all classes are required



To register: scan the QR code or visit <u>extension.umaine.edu/food-health/efnep/register_vanessa/</u>

To request a reasonable accommodation, contact:

Vanessa Young - Washington & Hancock Counties

- Email: <u>Vanessa.young@maine.edu</u>
- Office phone: 207.255.3345

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