



Free Nutrition and Cooking Classes for WIC & Head Start

in partnership with Cooking Matters



**COOKING
MATTERS®**

March Class Topics

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

Participants receive **FREE** cooking tools, a cookbook, and a \$10 Hannaford gift card!

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 extension.umaine.edu/food-health/efnep/register_vanessa/

To request a reasonable accommodation, contact:

Vanessa Young – Washington & Hancock Counties

- Email: Vanessa.young@maine.edu
- Office phone: 207.255.3345