













## **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

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

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

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