



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY COOKING MADE EASIER

COOKING MATTERS: A Free Cooking Workshop Series

The YMCA in partnership with Sedgwick County Extension is excited to offer a series of hands-on cooking classes called Cooking Matters to parents at a variety of locations (you do not have to be a Y member). The free Cooking Matters series helps families learn to shop for and cook healthy meals on a budget.

This is a 6-week program for adults only (parents or caregivers to children). There is no fee to participants. However, please make sure you will be able to attend at least five of the six class dates listed. This program is especially helpful for parents or caregivers from low income households.

Weekly topics include:

- Free take-home groceries to try new recipes on your family
- Meal planning & budgeting
- Incorporating more fruits, veggies, and whole grains
- A grocery store tour for affordable, healthy foods
- Hands-on cooking & tasting of nutritious dinner ideas

Space limited for this free program—Registration required.
For list of class locations and times or to register contact Tammi Krier, Healthy Eating Director, YMCA 316-264-4066 ext. 5540 or tammi.krier@ymcawichita.org



Cooking Matters is a program of Share Our Strength's No Kid Hungry Campaign.