



# Cooking Matters for Adults

## DATE & TIME:

February 24th to March 30th  
Every Monday, 5:30-7:30  
p.m.

## LOCATION:

Eaton Rapids Medical Center  
(Entrance D Off West Street)  
1500 S Main St, Eaton  
Rapids, MI 48827

## COST:

FREE!

## CONTACT:

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## REGISTER:

[https://events.anr.msu.edu/  
CookingMattersEaton/](https://events.anr.msu.edu/CookingMattersEaton/)



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Cooking Matters for Adults is a nutrition program where participants will learn how to eat healthy, cook and grocery shop on a limited budget. The program consists of six lessons, lasting two hours each. With the help of an experienced chef and nutrition educator, participants will gain the skills and confidence to make healthy, budget friendly meals for their family.

Each week, participants will receive take-home groceries, which they can use at home to practice a recipe they learned in class.

One of the lessons includes a grocery store tour. After the tour, participants do a \$10 shopping challenge and get to take those groceries home.

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Persons with disabilities have the right to request and receive reasonable accommodations.



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### **MSU Extension programming has something to offer every member of your family**

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

**To find your local county office visit [msue.msu.edu/county](http://msue.msu.edu/county).**

**For more information or to join a class, contact your local MSU Extension county office or visit [www.msue.msu.edu](http://www.msue.msu.edu)**

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