



# Free Cooking Course

## where

Classes are online through Zoom

## when

January 6, 13, 20, 27, Feb 3, 10, 4:00-5:30 pm

## who

Open to Bethel School District parents and affiliated adults

## how

Registration is required through Eventbrite.

For details please e-mail - [molly.bullock@bethel.k12.or.us](mailto:molly.bullock@bethel.k12.or.us)

## details

Participants "attend" all 6 classes and will get free take home ingredient bags, spice sample bags, a class handout/recipe book and more!

## Cooking Matters: Preparing Healthy Meals on a Budget

### You will learn to:

- ◆ Make the most of your food budget
- ◆ Cook nutritious, delicious food
- ◆ Learn recipes from cooks and recreate them with ingredients delivered to your home

