

# Free GET COOKIN' Workshop For Families!



Sign up now for this *FREE* Get Cookin' nutrition and hands-on cooking class series. Space is *LIMITED* to the first 25 participants. Families will receive a special participant package.

**Come Join Get Cookin' to Learn...**

- Professional cooking skills, chef tips & techniques
- Practical nutrition information
- Food budgeting strategies to save you money
- Quick & easy kid friendly recipes

**Thursdays 5:30pm - 7:30 pm @ the  
CK Price Middle School Cafeteria**

**Dates:**

**September 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup>**

**October 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>**

**Please plan to attend ALL dates.**

**Please register by calling:  
Neli Peña @ (530) 865-7685**

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This workshop will be in **ENGLISH ONLY** ~  
Spanish workshop will be provided in the Spring  
of 2018.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.