

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

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

Dates:

**January 29 / February 5, 12 & 26
March 5 & 12**

**There will be no workshop during the School District's February
break (2/19/17)**

Please plan to attend **ALL** dates.

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

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This workshop will be in **SPANISH ONLY!**



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.