

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 6:00PM-8:00PM @ the
CK Price Middle School Cafeteria**

Dates:

January 19th, 26th

February 2nd, 9th, 16th, 23th

Please plan to attend all dates.

**Please register by calling:
Neli Peña @ 530-865-7685 or
Melissa Stearns @ (530) 898-5675**

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**This workshop will be in Spanish ONLY**

