

Food, Fun, and Family

STARTING TUESDAY, JANUARY 20, 2015 6:30 – 8:30 P.M.

Six weekly classes to help your family eat better.

Learn about kitchen safety, creating a healthy plate, menu planning, label reading, smart shopping and have fun!

OTHER FEATURES INCLUDE

- Hands-on Cooking
- Recipe Tasting

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For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an

equal opportunity provider and employer. Visit www.CaChampionsForChange.net

for healthy tips.

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- Free Cookbooks
- Resource Binder

Arcata Co-op Community Kitchen 8th & I Streets / 971 8th Street across the street from the Arcata Co-op TO REGISTER: Call (707) 443-6027 ext. 102 or go online to www.northcoastco-op.com

For questions about the class, call 268-2132

Classes are free, but space is limited. Register soon!



The County does not discriminate on the basis of disability in services, programs, activities, or employment. Persons with disabilities requiring special assistance or accommodations should call 707-268-2132.