



Cooking Matters For Parents in Belknap County

6 Week Cooking and Nutrition Class - FREE and Online!
Mondays on Zoom from 6:30 to 7:30 pm starting March 1st

Together we will explore...

- Making meals more nutritious
- Tips for grocery shopping
- Healthy and kid friendly recipes
- Cooking skills
- And much more!



**For each class you attend, receive a
bag of groceries to practice a new
recipe with your family!**

**To register and learn
more email:
brenda.carey@unh.edu**



- For persons with disabilities requiring special accommodations, please contact Brenda Carey at (603) 630-8303 within 7 days so proper consideration may be given to the request. Language assistance is available at no cost