



FINGER LAKES  
**EAT SMART NEW YORK**

*presents*



SHARE OUR STRENGTH'S  
**COOKING  
MATTERS**<sup>®</sup>  
NO KID HUNGRY



*Cooking Matters for Families*  
*(a 6 week series of workshops)*

**DATES: 4/3/18, 4/10/18, 4/17/18, 4/24/18, 5/1/18, 5/8/18**

**TIME: 10:00 AM – 12:00 PM**

**LOCATION: Corning Community Food Pantry  
11715 East Corning Road, Corning, NY 14830**

**Learn how to...**

**Cook healthy meals on a budget**

**Understand food labels**

**Fundamental food preparation skills**

**Questions? Contact Finger Lakes Eat Smart New York at (607) 664-2300**



Cornell University  
Cooperative Extension



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