



FINGER LAKES
EAT SMART NEW YORK

presents



SHARE OUR STRENGTH'S
**COOKING
MATTERS**[®]
NO KID HUNGRY



Cooking Matters for Adults
(a 6 week series of workshops)

DATES: 5/3, 5/10, 5/17, 5/24, 5/31, and 6/7

TIME: 9:30 AM – 11:30 PM

**LOCATION: Corning Salvation Army Food Pantry
32 Denison Parkway East, Corning, NY 14830**

Learn how to...

Cook healthy meals on a budget

Understand food labels

Fundamental food preparation skills

Registration required – Please call (607) 664-2300 to sign up. Questions? Ask for Jon

**Cornell
Cooperative Extension**



 **foodlink**
abundance shared

Finger Lakes Eat Smart NY is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider. Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.



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