



DO YOU SPEND TOO MUCH TIME WORRYING WHAT'S FOR DINNER?

WE CAN HELP

COOKING MATTERS

DATES/TIMES: Aug. 17 - Sept. 21, 2021
Tuesdays, 5:30pm - 7:30pm

LOCATION: Portage Township YMCA
3100 Willowcreek Rd.
Portage, IN 46368
Nutrition Kitchen Workshop

RSVP: Register Online or at the Y
**Maximum 10 participants per class
\$10 Non-Refundable Deposit Due at
Registration. Deposits returned upon
successful completion of the 6-week
course.*

FREE

**6-week Cooking Matters
Course**
with FREE Child Care (6mths+)

WHY SIGN UP?

You want the best for your family, but time, money, and picky eaters can make it hard.

"After Cooking Matters, I feel like I can cook anything. Now, every day that I open up my cabinets and refrigerator, I always see and easy dinner."

-Paula, single mom of 2



This program was partially funded by USDA's Supplemental Nutrition Program as part of SNAP-Ed, brought to you by Cooking Matters®. To find out more, contact 1-866-950-FOOD (3663)