



Cooking Matters[®] Core Workshops



Offered by Cooking Matters NH, a program of the NH Food Bank, in partnership with Waypoint NH.

Want to learn about ...

- healthy eating
- cooking skills
- food budgeting
- meal planning
- nutrition
- and more?

Join us for a **FREE**, virtual workshop series!

Cooking Matters Core

Who: NH Families

Where: Virtually on Zoom

Date: Wednesday, 1/8 - Wednesday, 1/29

Time: 5pm- 6pm

TOPICS:

1/8: Making Recipes Work for You

1/15: Kids Say Yes to New Foods

1/22: Shopping on a Budget

1/29: Hack your Snack + Drink to your Health



**Registration
Required**

Sign Up here!

<https://bit.ly/cmcore>



Please note: Attendees receive a **free** grocery bag with the ingredients to make the recipe(s) made during the workshop.
*You must attend the workshop to receive these benefits.