

Oh Yum! COOKING MATTERS! Cooking & Nutrition Class for Parents at Carlson Elementary School

Thursday 4 to 6 pm

March 15, 22, April 5, 12, 19, 26

It's FREE!

Cooking Matters for Parents of children age 1-5 includes:

- Hands-on cooking lessons
- A free workbook full of easy, quick & delicious recipes
- Cooking healthy on a budget
- Free groceries for home
- Fun space to share and learn
- Limited childcare available



Registration:

Please contact Jenny at 720-244-6282 or jenny@mrcco.org



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Conifer, CO 80433



Parents as Teachers.
Affiliate