**6- Week Cooking Matters Course**

**Insert Logo Here**

**Where:** [Place], [Address]

**When:** Mondays | 10am-12pm | January 14th – February 25th

Please sign up if you are interested in joining us in a FREE cooking & nutrition class from ***(Your Organization),*** The Idaho Foodbank, and Share Our Strength! We will learn ways to select, cook, and purchase healthy foods while sticking to a budget. Participants will receive a book of tasty recipes and lessons on healthy foods, as well as graduation gifts after completing the course. This is a course is **6-week** series; you must be able to attend at least four classes to graduate.

**You must be able to provide your own transportation to and from the classes**.

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**Waiting List** – You will be contacted if anyone is unable to attend this course.

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