



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY COOKING MADE EASIER

COOKING MATTERS: A Free Cooking Workshop Series

Join a FREE series of hands-on cooking classes called Cooking Matters For Parents (you do not need to be a Y member)! These free classes help families learn to shop for and cook healthy meals on a budget.

This is a 6-week program for adults only (parents or caregivers of kids). There is no fee to participants. However, please make sure you will be able to attend at least five of the six class dates listed. This program is especially helpful for parents or caregivers from lower income households to stretch your budget!

Weekly topics include:

- FREE take-home groceries to try new recipes on your family
- Meal planning & budgeting
- Incorporating more fruits, veggies, and whole grains
- A grocery store tour for affordable, healthy foods
- Hands-on cooking & tasting of nutritious dinner ideas

Space limited for this free program—Registration required.
Contact Tammi at 316-776-8176 or
tammi.krier@ymcawichita.org

Classes taught in partnership with K-State Research and Extension,
Sedgwick County



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Current locations (dates and times subject to change)

Advance registration required through:

Tammi Krier 316-776-8176 or tammi.krier@ymcawichita.org

| Organization Name | Address of class site | Dates | Day of Week | Time |
|---|-------------------------------|---------------------|-------------|-------------|
| McConnell Air Force Base **Note MUST have base access to attend this site | School Age Program Building | 11/6/18 to 12/11/18 | Tuesdays | 1:00-3:00P |
| Downtown YMCA *Free childcare opportunity available | 402 N. Market St., Wichita | 12/6/18 to 1/10/18 | Thursdays | 6:00P-8:00P |