



**FREE
Virtual
Cooking
Classes!**

COOKING MATTERS

Join us for **FREE** and interactive online classes where we will:

- Discuss making quick, healthy and fun homemade snacks
- Share tips for saving time when buying and preparing healthy snacks
- Brainstorm how to involve kids in snack prep at home

These free virtual cooking classes help families make healthy food choices together. All groceries will be provided, free of cost. A Family Wellness Healthy Cooking Instructor and Sanford Pediatrician will lead this class and answer questions you may have. If you sign up and complete the survey after class, get a \$10 grocery gift certificate. Just 1 adult per family needs to enroll. Register now as spots are limited! These classes are funded through the Cooking Matters Child Engagement Grant.

Single Class Dates
Mondays at 5:30PM or 6:30PM

January 11th
February 22nd
March 8th
April 5th
May 17th
Tuesday, June 1st

Five Week Course Dates
5:30PM or 6:30PM

Mondays, January 18th - February 15th
Tuesdays, March 4th - April 1st
Mondays, April 12th - May 10th

Register at familywellnessfargo.org and click on Wellness
and then Healthy Cooking or by calling 701.234.2400

2960 Seter Parkway, Fargo ND 58104 | 701.234.2400 | www.familywellnessfargo.org

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Familywellness

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