

FAMILIES IN THE KITCHEN

Cook Together, Eat Together

WHAT YOU'LL LEARN

MAKING HEALTHY AND AFFORDABLE MEALS

MAKING VEGETABLES TASTE AMAZING

SHOPPING TIPS FOR BUYING HEALTHY FOOD ON A BUDGET

TIPS & TRICKS ON HOW TO MAKE COOKING FAST, FUN, & DELICIOUS

SPECIAL TIPS ON FAMILY MEALS, LEFTOVERS, & LESS MESS

COOKING

RECEIVE
KITCHEN TOOLS
AND RECIPES

GET THE KIDS
INVOLVED!
AGES: 4-18

DATES

September 9th & 17th

October 16th & 29th

November 5th & 19th

5:30-7:30 AT THE

EXTENSION OFFICE

**MUST ATTEND ALL
6 SESSIONS**



**75 CORNWALL DRIVE
MADISONVILLE, KY
42431**

CONTACT US TO REGISTER TODAY

270-821-3650 | melissa.webb@uky.edu

NO CHARGE!

