



COOKING MATTERS

When kids eat good food, they're stronger and healthier. But shopping and cooking healthy can be tough, even more so for families struggling with limited food budgets. That's where Cooking Matters comes in.

By improving parents' and caregivers ability to prepare healthy, affordable meals, we're helping end hunger, especially for kids too young to attend school. Cooking Matters has been providing food skills education to families in Colorado since 1994. Programming is offered in 55 of the 64 Colorado counties through community partnerships and volunteer engagement that enable program delivery of courses, tours and educational events.

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COOKING MATTERS AT FOUR SEASONS MARKET

Saturday, October 13th,

10:30-12noon

7043 W. 38th Ave.

Wheat Ridge, CO 80033

Join Cooking Matters for a recipe demonstration and tour of Four Seasons Market!

WHAT DOES THIS LOOK LIKE?

- Learn about knife skills, kitchen safety, and get cooking tips.
- Sample a delicious seasonal recipe with fresh local veggies!
- Pros and cons of shopping at a farmer's market
- Meet Market Staff and tour the market
- Strategies for saving money (e.g. buying in season, bulk purchases)

**PARTICIPANTS ALSO RECEIVE
a \$10 gift card to Four Seasons Market**



Book full of healthy recipes & shopping tips!



Free reusable grocery bag!

Questions? Contact: **Casondra Webb-Cole** cwebb-cole@strength.org

This program was partially funded by USDA's Supplemental Nutrition Program as part of SNAP-Ed, brought to you by Cooking Matters®. To find out more, contact 1-866-950-FOOD(3663).

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