



Cooking Matters® for Families

Free Cooking and Nutrition Class Series

Learn how to prepare delicious, affordable, healthy meals!

**Sign up now to reserve your
space for this six-week
course!**

Tuesdays

June 6 - July 18, 2017

(skip July 4th)

5:30 – 7:30 pm

Operation Food Search

1644 Lotsie Blvd.

St. Louis, MO 63132

To sign up or for more
information, contact

Randy Tempel @

314-614-0412

What you get:

***Expert Training**

**Hands-on learning and group discussion with
trained culinary and nutrition professionals**

Topics covered include:

**Cooking tips and techniques, healthy shopping
on a budget, nutrition knowledge, and more!**

***Food**

**Prepare and enjoy a variety of tasty foods
each week**

**Take home ingredients every week to create
the recipes at home**

***Gifts**

Graduation certificate, recipe book and more

*- upon completion of the program**

**Participants must attend at least four of the six classes in order to
receive free gifts*

This program is funded 25% at \$1,000 by federal funds and 75% at \$3,000 by nongovernmental sources for a total amount of \$4,000. The federal funds are received from the U.S. Department of Health and Human Services (HHS) provided by the Missouri Department of Social Services.