



# Cooking Matters®

## 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**

**April 18 - May 23, 2017**

**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**

#### **\*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.