



TRI-COUNTY HEALTH NETWORK



Free Cooking Classes

Learn how to shop for and prepare healthy, delicious foods on a budget!

Next Class

Where

**River Valley Family Health
Center**
5 Hillcrest Plaza Way
Montrose, CO 81401

When

Every Wednesday
January 17th – February 21st
5:00-7:00pm

Cooking Matters® is a cooking-based nutrition education program that empowers kids, adults, and families with skills, knowledge, and confidence to plan and create nutritious meals on a limited budget.

Cooking Matters participants receive:

- Meal planning and cooking instruction
- Lessons on nutrition and healthy living
- An in-class meal or snack
- **FREE** take-home groceries to practice skills learned in class at home
- Cooking Matters Curriculum & Recipe Book

For More Information:

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OR

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