



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SAVE MONEY EAT BETTER! (AT HOME)

## COOKING MATTERS For Parents®: FREE (VIRTUAL) CLASSES

Let's cook and learn together. Join a **FREE** series of virtual classes called Cooking Matters For Parents ® (you do not need to be a Y member)! These free classes help families learn to shop for and cook healthy meals on a budget. Classes are done online through Zoom. We can help with the process when enrolling in the class. Classes include cooking demos and budget-friendly meal ideas.

**Attend 3 classes in a series and complete a survey to receive a \$20 grocery gift card!**  
**Class is for adults only (parents, caregivers of kids or pregnant women)**

Topic	Date and Time options
Easy (Kid-Approved) Snacking	Tuesday 12/1/2020 12:30-1:00P
Kitchen Hacks So Your Food Lasts Longer	Tuesday 12/8/2020 12:30-1:00P
No More Mealtime Madness: Mastering Meal Planning	Tuesday 12/15/2020 12:30-1:00P
Adjusting Recipes to Maximize Budget & Taste	Tuesday 12/22/2020 12:30-1:00P
Virtual Grocery Tour to Save YOU Money	Tuesday 1/5/2021 12:30-1:00P
Getting Your Kids in the Kitchen	Tuesday 1/12/2021 12:30-1:00P

**Space limited—Reserve your FREE spot: with Tammi Krier via phone at 316-776-8176 or [tammi.krier@ymcawichita.org](mailto:tammi.krier@ymcawichita.org)**

Cooking Matters is locally supported by Delta Dental of Kansas, American AgCredit, Dillons, and United Health Care. Cooking Matters is a program of Share Our Strength's No Kid Hungry Campaign.