



# 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 10/13/20 1:00-1:30P OR Thursday 10/15/20 10:00-10:30A
Kitchen Hacks So Your Food Lasts Longer	Tuesday 10/20/20 1:00-1:30P OR Thursday 10/22/20 10:00-10:30A
No More Mealtime Madness: Mastering Meal Planning	Tuesday 10/27/20 1:00-1:30P OR Thursday 10/29/20 10:00-10:30A
Adjusting Recipes to Maximize Budget & Taste	Tuesday 11/3/20 1:00-1:30P OR Thursday 11/5/20 10:00-10:30A
Virtual Grocery Tour to Save YOU Money	Tuesday 11/10/20 1:00-1:30P OR Thursday 11/12/20 10:00-10:30A
Getting Your Kids in the Kitchen	Tuesday 11/17/20 1:00-1:30P OR Thursday 11/19/20 10:00-10:30A

**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.

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