



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

This series is held in partnership with the Wichita Public Library. Registration is required. **Call (316) 261-8500 or visit or wichitalibrary.org/events to register.** This program will be held online via Zoom. A link to the program will be sent to your inbox the day before and the day of the program.



Cooking Matters is locally supported by Delta Dental of Kansas, American AgCredit, and Dillons. Program questions, contact tammi.krier@ymcawichita.org