

# Cooking Matters

## Free 6-week Cooking & Nutrition Class

Presented by 412 Food Rescue  
Hosted by Heritage Church

Learn how to prepare delicious, healthy, and affordable meals

Sign up today!

Cooking Matters is a 6 week course focused on helping parents and caregivers make nutritious and delicious meals on a budget.

### A few things to know about the course:

- The course is held 6 consecutive weeks, each class is 2 hours
- The course is free to participants
- Participants will learn basic cooking skills, simple and healthy recipes, how to read nutrition labels and smart shopping and menu planning tips
- Each class attendees cook together, receive a nutrition lesson and finish the class by eating the meal made together
- Each participant receives take home groceries each week of the recipe made in class
- Class Time: Saturdays - 10:00am to Noon
- Course will begin April 20 (if minimum number of participants is met)
- Childcare will be provided

**The RSVP deadline is April 1** (sooner is appreciated). Child care spots are limited.

**To participate**, email Julie Halyama at [rjhelma@aol.com](mailto:rjhelma@aol.com) with the following info:

**Name**

**Contact info**

**Names and ages of children**  
(to help us prepare for childcare)

The course will be held at



2262 Rochester Rd,  
Pgh, PA 15237  
[heritagepcusa.org](http://heritagepcusa.org)