

A series of **FREE** cooking sessions for
Moms, Dads or any limited income Adult
caring for children up to 19 years of age.

Learn more about:

- ☀ Stretching your limited food dollars
- ☀ Planning and preparing easy, healthful meals
- ☀ Keeping the food you buy safe and healthy to eat
- ☀ Plus ---- receive lots of great recipes, nutrition information

AND FREE FOOD!!!

- ☀ Complete 6 hours of instruction and receive a Penn State Certificate of Achievement & Water Bottle

**Classes begin October 7 and will meet from 12:30 to 2:30 p.m.
at the Moosic United Methodist Church at 609 Main Street.**

Join us each Friday October 7 to November 11, 2005.

To Register or if you would like more information, need alternate dates or times, please contact:

Nancy Kilmer
Nutrition Education Advisor
Penn State Cooperative Extension
Lackawanna County
570-963-6842

