



University of
New Hampshire
Cooperative Extension



SHARE OUR STRENGTH'S
COOKING
MATTERS™
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COOKING MATTERS™ for TEENS

Learn the basics of **COOKING
AND HEALTHY EATING** in **FREE**
Hands-On Cooking Classes.

Practice preparing dinners,
lunches, snacks, and breakfast.
All meals are healthy, low cost,
and tasty!

Have fun cooking healthy meals!

WHEN

WHERE

TO REGISTER CONTACT

Income Guidelines Apply

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