



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY COOKING MADE EASIER

COOKING MATTERS For Parents®: A Free Cooking Workshop Series

Join a **FREE** series of hands-on cooking 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. This program is ideal for pregnant women or parents/caregivers of young children from lower income households.

This is a 6-week program with free groceries. There is no fee to participants. However, please make sure you will be able to attend at least five of the six class dates listed (see dates on back). Class is for adults only—contact Tammi Krier regarding **free** childcare opportunities.

Weekly topics include:

- *Free take-home groceries to try new recipes on your family*
- Meal planning & budgeting
- A grocery store tour for affordable, healthy foods
- Hands-on cooking & tasting of nutritious dinner ideas

Space limited for this free program. Open to members and non-members.

Preregistration required with Tammi Krier via phone at 316-776-8176 or tammi.krier@ymcawichita.org

Cooking Matters is locally supported by Delta Dental of Kansas, American AgCredit and Dillons and offered in partnership with K-state Research and Extension, Sedgwick County
Cooking Matters is a program of Share Our Strength's No Kid Hungry Campaign.

Greater Wichita YMCA | ymcawichita.org | facebook.com/ymcawichita

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Current locations (dates and times subject to change)

Advance registration required through:

Tammi Krier 316-776-8176 or tammi.krier@ymcawichita.org

Organization Name	Address of class site	Dates	Day of Week	Time
Downtown YMCA *Free childcare opportunity available, YMCA membership not required	402 N. Market St., Wichita	11/6/19-12/18/19, skips 11/27	Wednesdays	6:00P-8:00P
Downtown YMCA *Free childcare opportunity available, YMCA membership not required	402 N. Market St., Wichita	11/12/19- 12/17/19	Tuesdays	9:30A-11:30P
Downtown YMCA *Free childcare opportunity available, YMCA membership not required	402 N. Market St., Wichita	1/8/19-2/12/19	Wednesdays	6:00P-8:00P