



## YOU ARE INVITED TO PARTICIPATE IN COOKING MATTERS!

Cooking Matters helps families to shop smarter, use nutrition information to make healthier choices and cook delicious, affordable meals.

The program runs **once a week for 6 weeks**.  
Classes are 2 hours and will be held **at StayWell Health Center**.

Each class focuses on a specific nutrition topic and two recipes are cooked.

**Each week** you will take home a **free bag of groceries!**

On week 5 you will **receive a \$10 gift card!**

**At week 6 graduation** you will receive the Cooking Matters recipe book, a grocery bag and a cutting board!

**Sign up and receive further information at Suite 204 Reception Desk**  
**Or contact Jill at 203-756-8021 ext. 3113 or [jschoenfuss@staywellhealth.org](mailto:jschoenfuss@staywellhealth.org)**

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