

FREE Event

# A COOKING SOCIAL

## *Cook Together, Eat Together*

Date:

April 7, 14, 28  
May 5, 12, 26  
@ 6:00pm

Location: Montgomery CES -  
Education Center

Contact: Sarah Congleton,  
FCS Agent

Registration is required -  
Space is very limited.

Contact our office to register at  
859-498-8741

At this fun cooking event you will:

- Cook with your kids (ages 4-18)
- Get tips that make cooking fast, fun and delicious
- Learn how to make healthy and affordable recipes
- Receive recipes to make vegetables "taste as good as a French fry"
- Get special tips on family meals, leftovers and "less mess" cooking
- Share shopping tips for buying healthy food on a budget
- Get the scoop on shopping at farmers markets



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Disabilities  
accommodated  
with prior notification.