

Give Them More
of the
Good Stuff!

Free Cooking Classes

MyPlate for My Family

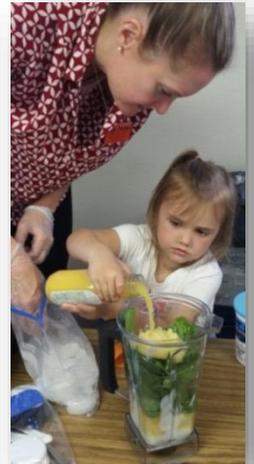
What: **MyPlate for My Family** cooking classes are a great place to get new ideas for tasty, healthy, low-cost meals.

Where: 403 Peabody St, Milton-Freewater, OR 97862

Dates: Tuesdays, April 23, 30 and May 7, 14

Time: From 5:30 - 7:30pm

Who: Adults with their children ages 5 and older. Classes will be taught in English with Spanish interpretation.



To Register: Contact Diana Romero at diana.romero@oregonstate.edu or call OCDC at (541) 938-3170

MyPlate for My Family classes include:

- a chance to prepare and try healthy recipes.
- tips to save time and money on family meals.
- basic food safety information.
- ways to include more fruits and vegetables in your family's meals and less fat, sugar and sodium.



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