



# Cooking Matters Cooking Series

**Cooking Matters is a Nutritional Education program offering hands-on cooking classes.** Classes are taught in the kitchen by chefs and nutritionists who volunteer to teach nutrition, cooking skills, food-budgeting and shopping techniques. Additionally, groceries are provided to participants to take home at the end of the class so that they can practice preparing the recipes at home, and share them with their families.

Don't miss out on your chance to take part in this fun class!

May 24 thru June 21

6pm to 8pm

BTW Kitchen

Free\*

**Space is limited!**

Reserve your spot by calling

817-556-8858 or via email

[recreationcenter@cleburne.net](mailto:recreationcenter@cleburne.net)

*\*Participants must be 18 years or older.*