

COOKING MATTERS® AT HOME



Join us on Zoom for FREE nutrition education including information about buying healthy, affordable foods that families can prepare and eat together at home.

Wednesdays at 7pm

June 30 - August 11

Plus: a live cooking demo in class on August 11!

Participants have the opportunity to receive a \$10 grocery store gift card provided by Inter-Faith Food Shuttle.

For more information and to register visit:

CarolinaHungerInitiative.org/cooking