

Free Cooking Classes

Seward County 4-H Building

1:00-2:30PM

Join **Jane Eisenhauer**,
SNAP-Ed Nutrition Assistant
for K-State Research and
Extension, for a 6 lesson
cooking series!

Learn how to make
healthier food and
beverage choices, set goals,
engage in physical activity
and try tasty recipes

To register call **620-624-5604**
or email Jane at
jeisenha@ksu.edu

K-STATE
Research and Extension



This institution is an equal opportunity provider

DATES:
May 17th
May 24th
May 31st
June 7th
June 14th
June 21st

Earn a small
appliance of your
choice if you
complete all 6
classes

