COOK LEARN GROW

FREE COOKING SERIES

This six week course is designed to introduce families to healthy eating and safe cooking.

- Healthy snack and beverage choices
- Importance of whole grains, fruits and vegetables
- Hands on cooking demonstrations and food tasting

Tuesdays – August 7 to September 11 from 5:00 – 7:00 PM at Baxter Community Center
Family Cooking Class, 3rd grade & older accompanied by parent/grandparent
Interested? email: crystal@baxtercommunitycenter.org or register through the front desk at Baxter between 12 noon – 3PM, Monday - Friday

For more information contact us at 616.855.9648, email at communityoutreach@grymca.org, or go online at www.grymca.org/Community-programs.