

COOKING MATTERS®

BRING
YOUR
KIDS!!

Join us for a FREE
online education series*

2/9/21 5-5:30pm – [Kids Say Yes to Fruits and Veggies](#)

2/16/21 5-5:30pm – [Making Recipes Work for You](#)

2/23/21 5-5:30pm – [No More Mealtime Madness](#)

3/2/21 5-5:30pm – [Hack your Snack](#)

3/9/21 5-5:30pm – [The Family Kitchen](#)

3/16/21 5-5:30pm – [Drink to your Health](#)

Register through the links for each topic
above, or contact: [Theresa @ 303-746-7217](mailto:Theresa@303-746-7217)

Each adult participant
will receive \$10 to the
store



* Classes are drop-in, so you do not have to attend each class in the series if it does not interest you. Each Class attendance will be capped at 20 families, so please register early.

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- Classes BEGIN Feb. 9th, 2021 @ 5 pm MT. These will be translated in Spanish live .
- Each class is 1 hour and intentionally planned around an average family dinner time meal. 1 gift card in the amount of \$10 will be given per family before each to purchase items needed before class begins on Tuesday. Families who registered for the classes, can come to school to pick up their gift card and recipe list on Mondays from 8-9:00 AM, 12:30- 1:00 PM, and/or 3:45- 4:00 PM.
- Each class will be limited to 18 families, so please either sign up as soon as possible through the registration link. or calling Theresa at 303- 746- 7217.
- If a family needs to cancel, please do so within 48 hours of the class so we can give another family a chance to attend. You can cancel via registration link or calling Theresa directly.
- There will be a waitlist within the registration as well so families are encouraged to still register even if class is at capacity.
- **Las clases iniciarán el 9 de febrero de 2021 a las 5 pm. Estas serán traducidas al español en vivo.**
- **Cada clase es de 1 hora y se planifica intencionalmente alrededor de una comida familiar generalmente a la hora de la cena. Se entregará 1 tarjeta de regalo por un monto de \$10 por familia para comprar los artículos necesarios antes de que comience la clase el martes. Las familias que se inscribieron para las clases pueden venir a la escuela para recoger su tarjeta de regalo y la lista de recetas los lunes de 8 a 9:00 a.m, de 12:30 a 1:00 pm y / o de 3: 45 a 4:00pm.**
- **Cada clase estará limitada a 18 familias, así que regístrese lo antes posible a través del enlace de registro o llamando a Theresa al 303- 746-7217.**
- **Si una familia necesita cancelar, hágalo 48 horas (2 días) antes de la clase para que podamos darle a otra familia la oportunidad de asistir. Puede cancelar a través del enlace de registro o llamando a Theresa.**
- **También habrá una lista de espera dentro del registro, por lo que se recomienda a las familias registrarse incluso si la clase está llena.**