



Looking to eat healthier in the new year? Join us for a free Cooking Course in Scappoose or St. Helens!

What: OSU Extension is partnering with Columbia Pacific Food Bank to offer Cooking Matters – a series of FREE cooking classes for low income adults!

- RECEIVE A FREE BOOK WITH RECIPES!
- TAKE HOME A BAG OF FREE GROCERIES!
- LEARN TO SHOP SMART AT THE STORE!
- GET COOKING TIPS FROM LOCAL CHEFS!



In St. Helens:

When: Every Tuesday, January 30th through March 6th 2018

Time: 10:00 a.m. to 12:00 p.m., lunch included

Where: First Lutheran Church/Community Meals Site. 360 Wyeth Street, St. Helens, OR.

To Register: visit <http://cma-st-helens-winter-2018.eventbrite.com>

Or call OSU Extension: 503-397-3462.

In Scappoose:

When: Every Thursday, February 1st through March 8th 2018

Time: 10:00 a.m. to 12:00 p.m., lunch included

Where: St. Wenceslaus Catholic Church. 51555 Southwest Old Portland Road, Scappoose, OR.

To Register: visit <http://cma-scappoose-winter-2018.eventbrite.com>

Or call OSU Extension: 503-397-3462.

SPACE IS LIMITED, SO SIGN UP TODAY! Registration required.



Oregon State University
Extension Service



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