

**FREE**

# Fresh & Healthy Cooking for Your Family EXTENDED!!!



- ◆ Learn to shop, prepare and cook your food in a fresh & healthy way
- ◆ Practice easy recipes that you and your children can make
- ◆ Pick-up techniques on stretching your dollar



We will be shopping at a local grocery store and at the Bremerton Farmers Market to purchase food and then prepare it for your family.

Join us for this exciting 3 week cooking experience!



**FREE**

Classes begin on the first Monday of each month from 12:30-2:30/3:30 pm for 3 weeks

Kitsap Community Resources  
845 8th St, Bremerton, WA 98337

**Space is limited, sign up today!**

To register go through your WorkFirst Case Manager  
or please call Samantha Eaton (360) 473-2121  
or Georgene Lenon (360) 473-2125



*A Community Action Partnership helping people, changing lives*



Department of Commerce