

**FREE**

# Fresh & Healthy Cooking for Your Family



- ◆ 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 cooking experience!



Classes begin on  
Wednesdays of each week

12:30-2:30 pm **FREE**

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

Space is limited, sign up today!

To register, please call Samantha Eaton (360) 473-2121  
or Georgene Lenon (360) 473-2125



*A Community Action Partnership helping people, changing lives*



Department of Commerce