

Learn to cook quick meals within your food budget. The program will teach you how to prepare simple, healthy and delicious food for you and your family. Hands-on and tasting of recipes. Participants will receive two cookbooks, kitchen equipment, plus much more!



Cook Smart | Eat Smart

When: 4 Session Program on Tuesdays
February 19 & 26, March 5 & 12
5:30 PM – 8:30 PM

Where: Howard Co. Extension Homemaker Educational Center in Nashville

\$20 Covers all 4 Sessions! Door prizes will be given away each Night!

Call the Extension Office at 870-845-7517 to register by February 15.

