



# Food, Fun, and Family

**STARTING TUESDAY, JANUARY 20, 2015**  
**6:30 – 8:30 P.M.**

**Six weekly classes to help your family eat better.**

Learn about kitchen safety, creating a healthy plate, menu planning, label reading, smart shopping and have fun!

## **OTHER FEATURES INCLUDE**

- Hands-on Cooking
- Recipe Tasting
- Free Cookbooks
- Resource Binder

**Classes are free, but  
space is limited.  
Register soon!**



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips.

### **Arcata Co-op Community Kitchen**

8th & I Streets / 971 8<sup>th</sup> Street

across the street from the Arcata Co-op

**TO REGISTER: Call (707) 443-6027 ext. 102 or  
go online to [www.northcoast-co-op.com](http://www.northcoast-co-op.com)**

For questions about the class, call 268-2132

