

*Bethel School District
and Food for Lane County present*



free Cooking Course

Cooking Matters:

Preparing Healthy Meals on a Budget

Learn to:

- . Stretch your food budget*
- . Prepare nutritious & delicious meals*
- . Recreate recipes with ingredients you take home*

Where: Bethel Farm
1200 North Terry St.
Eugene, OR 97402

When: Tuesdays, 4-6 p.m.,
September 19– October 24

Who: Open to adults

How: Registration is
required. Contact
Dana Baxter at FFLC
541-343-2822 ext 350

Details: Participants in all
6 classes take home
ingredient bags, spice
sample bags, a class
handout/recipe book, and
more! Childcare is provided.



Bethel School District and Food for Lane County do not discriminate or harass individuals or groups on the basis of perceived or actual race, religion, color, citizenship, national or ethnic origin, mental or physical disability, pregnancy, familial status, economic status, veteran's status or genetic information, gender or gender expression, parental or marital status, sex, sexual orientation in accordance with Title VI, Title VII, Title IX and other civil rights or discrimination issues. Reasonable accommodations may be provided to enable a person with a disability to take advantage of or participate in this program.