



COOKING MATTERS

PRESENTED BY

ARKANSAS COALITION FOR OBESITY PREVENTION

What You Get

Expert Training:

Hands-on learning and group discussion with trained culinary and nutrition professionals.

Topics Include: Shopping on a budget, choosing healthy foods, cooking techniques, menu planning and other helpful tips.

Food: Prepare and enjoy a variety of tasty foods. Take home ingredients to create the recipes at home.

Reward:

Graduation certificate and participant manual/cooking utensils upon graduating the program. Participants must attend at least four of the five classes to graduate.

To **Register** contact Heath.Shuffield@arkansasobesity.org or call/text 501-712-2002 the location of the class you want to attend "Pine Bluff" and your name. **Space is limited so contact us soon!**



Arkansas Coalition for Obesity Prevention

**COOKING MATTERS
CLASS PRESENTED
BY ARCOP!**

**HANDS-ON HEALTHY
COOKING CLASSES**

THREE WEEKS LONG

TWO DAYS PER WEEK

AND IT'S FREE!

WHO: 8 -12 Adults

WHAT TIME: 12:00 - 1:30pm

WHEN: January 22nd, 24th,
29th, 31st, February 5th
and 7th

WHERE: Coretta Scott
King Center, 624 Kiwanis
Drive, Pine Bluff, AR 71601

ARCOP

PO Box 1212
Greenbrier, AR 72058
501-328-7176

www.arkansasobesity.org

Contact

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