



# Cook Smart | Eat Smart

## COOKING SCHOOL

- 4 session class for older teens & adults
- Learn to prepare simple, healthy, and delicious meals
- Each session contains several basic cooking techniques
- Learn tips for stretching your food dollar while eating healthy



January 10, 17,  
24 & 31  
10am to 1pm

\$30

Held at Sneads Ferry Library  
1330 NC-210, Sneads Ferry, NC 28460 For  
more information and to register.

910.455.5873



*North Carolina Cooperative Extension is an equal opportunity provider.*

