



Cook 
TOGETHER
Eat 
TOGETHER

----- Grayson County, Kentucky -----

Class Dates

Tuesday, November 19th
Wednesday, December 18th
Tuesday, January 21st
Tuesday, February 18th
5:30 p.m. - 7:30 p.m. CST

You will:

- Cook with your kids (ages 5-18)
- Get tips that make cooking fast, fun and delicious
- Learn how to make healthy and affordable recipes
- Receive recipes to make vegetables “taste as good as a French fry”
- Get special tips on family meals, leftovers and “less mess” cooking
- Share shopping tips for buying healthy food on a budget. Get the scoop on shopping at farmers markets

Grayson County Extension Service

123 Commerce Drive
Leitchfield, KY 42754

Sign Up for One Class or All of Them

Open to children 5 years and up with an adult!



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Must sign up to participate. Space is limited!

Call the office at (270)259-3492 to register today!

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notifica

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