



Cooking Matters for Teens

DATE & TIME:

Fridays, 3:30-5:00pm
Sept. 17 & 24,
Oct. 1, 8, 22 & 29

LOCATION:

Armory Youth Project
555 1st St.
Manistee, MI 49660

COST: FREE

CONTACT:

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#SNAPEdWorks

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Knizacky Insurance Agency
(231) 398-3000

Agents Matthew Knizacky &
Josh Gray



Photo Credit: Huffington Post UK

Cooking Matters for Teens

A nutrition program where teens learn how to:
Cook healthy meals
Grocery shop on a limited budget

The program consists of six lessons. With the help of a nutrition instructor, participants will gain the skills and confidence to make healthy, budget friendly meals for themselves and their family!

Each week, participants will receive take-home groceries, which they can use at home to practice a recipe they learned in class.

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