

Cooking Classes for WIC Participants



Sign Up For Cooking Classes with OSU Extension Wood County to:

- Learn how to prepare delicious, affordable, new recipes.
- Learn how to get your family excited about healthy eating.
- Learn tricks and ways to buy healthy food on a limited budget.
- Take home **FREE** groceries after each lesson.
- Receive a cookbook guide with 60+ delicious, low cost, family friendly recipes at the end of the 6 lessons.



Class Details

- Please Plan to attend all 6 classes
- Classes are provided at **no cost!**
- First come, first serve. Limited seating

Class Dates:

- Thursday, June 7th
- Thursday, June 14th
- Thursday, June 21st
- Thursday, June 28th
- Thursday, July 5th
- Thursday, July 12th

Class Times: 5PM- 7PM

Location: 639 S. Dunbridge Road
Bowling Green OH 43402

For more details and to register for the cooking classes, please call Lisa at 419-354- 9050 or sign up at the WIC Office (639 S. Dunbridge Rd. 2nd Floor Bowling Green, OH., 43402)

