

FREE COOKING CLASS SERIES

Presented by Greater Mount Zion and
Sustainable Food Center's

The Happy Kitchen/La Cocina Alegre®

Learn to prepare delicious, healthy, and inexpensive meals with the addition of cancer-fighting ingredients and recipes

In this class you will:

Be informed of good nutrition for you and your family.

Learn how to get the most food for your money.

Learn how to use local, seasonal produce in your cooking.

Have fun and meet new people!



Classes meet once a week for 1½ hours, for a period of 6 weeks. After each class, you will receive a free bag of groceries to prepare that week's recipe at home. Participants must register for the entire class series.

Classes are taught by trained GMZ facilitators.

WHERE: Greater Mount Zion Baptist Church, Fellowship Hall 1801 Pennsylvania Ave.

WHEN: Mondays, 6:30-8:00 PM, September 28-November 2

REGISTER: Via ACS or jwilliams273@austin.rr.com; Questions: 512-695-9042

Childcare available upon request.



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