

# Free COOKING Classes

**FREDERICKSBURG  
REGIONAL FOOD BANK**

Locust Grove • Stafford • Caroline  
Spotsylvania • King George • the  
City of Fredericksburg

MEMBER OF  
**FEEDING  
AMERICA**



**This is a hands-on cooking class.**

**You will prepare low-cost, easy,  
and delicious recipes.**

**Join us for a fun, social, and  
interactive experience!**

## 4 Classes

- **Designed for caregivers of young children 12 years or younger**
- **Need to meet income eligibility guidelines (see details on next page)**



**Receive  
a free cooking  
kit and other items  
to get you started  
at home!**

**In the  
Kitchen**



Contact us to find out more  
about the class and see if you  
are eligible to participate



If you are an individual with a disability and  
desire an accommodation, please contact me.

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**Eat Smart • Move More**  
Virginia Cooperative Extension • Family Nutrition Program  
[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

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**This program includes 8 hours of instruction/class time.**

**To be eligible to participate, you must be eligible for SNAP, WIC, or have a child attending a school that offers 50% or more free and reduced school meals.**



**We will make the following meals, do some physical activities, and then enjoy a meal together –**



- **Quick omelet with summer vegetable salsa**
- **Bean soup and yogurt fruit crunch**
- **Easy lasagna with a side salad**
- **Rice bowl with chicken and vegetables**

