



# Free cooking course for families

## Where:

Bethel Farm— 1200 N Terry  
Behind Prairie Mountain School

## When:

Tuesdays, 4:00-5:30 pm  
October 23—November 7th

## Who:

Open to adults and children  
(ages 7-11)

## How:

Registration is required. Sign up  
by calling 541-343-2822 ext 104

## Details:

Please plan to attend all 3 classes.  
Participants get a free take home  
ingredient bag, spice sample bags,  
class handouts and recipes!

## Family Food Fun

### Getting the Entire Family in the Kitchen

## Learn about:

- **Healthy eating that tastes great**
- **Family friendly recipes and recreate them with ingredients you take home with you**
- **Making the most of your food budget**