

FREE COOKING CLASSES!



WE WILL TEACH YOU HOW TO PREPARE NUTRITIOUS AND AFFORDABLE MEALS!



IN THESE CLASSES YOU WILL LEARN HOW TO:

- Prepare delicious, healthy meals
- Use new foods and cooking techniques
- Make the most of your food resources
- Shop for healthy foods on a tight budget

CLASSES WILL BE HELD AT

Town of Colmar Manor Community Center
3701 Lawrence St. Colmar Manor, MD 20722

DATES AND TIMES OF CLASSES - ENGLISH

- Wednesday, January 27th - 7:00 to 8:30pm
- Wednesday, February 17th - 7:00 to 8:30pm
- Monday, March 7th - 7:00 to 8:30pm
- Monday, March 14th - 7:00 to 8:30pm

SIGN UP TODAY! SPACE IS LIMITED!

For more information or to register, Colmar Manor Town Hall at
301-277-4920 or jmyers@colmarmanor.org.

BROUGHT TO YOU BY:



CLASES DE COCINA GRATUITAS!



LE ENSEÑAREMOS CÓMO PREPARAR COMIDAS NUTRITIVAS Y ASEQUIBLES!



EN LAS CLASES USTED APRENDERÁ CÓMO:

- Preparar comidas deliciosas y saludables
- Utilizar nuevos ingredientes y técnicas de cocina
- Aprovechar al máximo sus recursos alimenticios
- Compre alimentos saludables con un presupuesto ajustado

LAS CLASES SE LLEVARÁN A CABO EN

Town of Colmar Manor Community Center
3701 Lawrence St. Colmar Manor, MD 20722

LAS FECHAS Y HORAS DE LAS CLASES - ESPAÑOL

- Monday, February 8th - 7:00 to 8:30pm
- Monday, February 22nd - 7:00 to 8:30pm
- Wednesday, March 16th - 7:00 to 8:30pm
- Wednesday, March 30th - 7:00 to 8:30pm

¡REGÍSTRATE HOY! EL ESPACIO ES LIMITADO!

Para obtener más información o para inscribirse, Municipio de Colmar Manor at 301-277-4920 or jmyers@colmarmanor.org.

TRAÍDO A USTEDES POR:

