



TARRANT — AREA — FOOD BANK

COOKING
MATTERS
IN YOUR
COMMUNITY

Date:

Tuesday
February 27, 2018

Time:

5:30-7:30PM

Location:

Cancer Care Services
623 South Henderson Street
Fort Worth, Texas 76104

To register for class:

Dominique@cancercareservices.org
817-921-0653



*Come learn how to shop for and prepare delicious
and nutritious foods on a budget.*

Topics Include:

- Hands on cooking demonstration
- Key nutrition and budgeting tips
- Fast and easy recipes

Participants will receive tips, activities and recipes that are designed to be accessible and affordable... all for FREE!