



**NORTH EAST**  
MEDICAL SERVICES  
東北醫療中心



## COOKING MATTERS

Learn how to prepare fast, delicious and healthy meals on a budget

**SIGN UP TODAY FOR FREE COOKING CLASSES!**

**Date:** 8/1/2018 - 9/5/2018  
(every Wednesday)

**Time:** 2:00pm - 4:00pm

**Location:**  
728 Pacific Ave, 2nd Floor  
San Francisco, CA 94133

**RSVP:**  
To register or have questions, please call NEMS Health Education Department at (415)391-9686 ext. 5843.

**Please plan to come to class every week.**

Come join us for **6 FREE** cooking classes!

**Practicing skills like:**

- Preparing healthy and delicious recipes quickly
- Buying fruits and vegetables on a budget
- Comparing prices to find bargains
- Reading and comparing food labels
- Planning affordable meals and sticking to your budget!

**In each class you will:**

- Cook and eat a healthy meal
- Receive a FREE bag of fresh produce and new recipes to make at home

**Graduates from Cooking Matters will receive a:**

- Free book full of tasty recipes and tips on how to choose and buy healthy, low-cost foods
- Reusable grocery bag
- Cutting board and meat thermometer



Cooking Matters is a series of cooking classes that show how quick and easy it is to prepare whole, fresh, healthful fruits and vegetables. The program is a project of 18 Reasons and is made possible through the generous support of Share our Strength. [www.18reasons.org](http://www.18reasons.org)

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.  
**Spanish** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).  
**Chinese** 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。  
**Vietnamese** CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).