



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

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).