



## NORTH EAST MEDICAL SERVICES

東北醫療中心

a californiahealthcenter



### SIGN UP TODAY FOR FREE COOKING MATTERS DEMONSTRATION CLASSES!

**Date:** 6/7/2023 – 6/28/2023  
(Every Wednesday)

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

**Location:**

NEMS Broadway Office  
369 Broadway Street  
San Francisco, CA 94133

**Language:** Cantonese

**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.**

## COOKING MATTERS DEMONSTRATION

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

Come join us for **4 FREE** cooking demonstration 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:**

- Multiple tasty recipes and tips on how to choose and buy healthy, low-cost foods
- Resuable grocery bag



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).



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## 「食得健康」烹飪示範班

學習如何準備快捷、美味、健康及廉價的一餐！

今天就來報名免費的  
烹飪示範班！

日期: 6/7/2023 – 6/28/2023  
(逢星期三)

時間: 下午二時至四時

地點:  
東北醫療中心  
三藩市百老匯街369號  
(余河小學對面)

語言: 粵語

報名:

登記或諮詢任何相關問題，請  
致電東北醫療中心健康教育部  
(415)391-9686 轉內線 5843。

請預備出席每個星期的課程。

快來參加為期四個星期的免費烹飪示範班！

練習以下技巧，例如:

- 快速準備健康並美味的食譜
- 在有限的預算中選購水果和蔬菜
- 比較食物的價格
- 閱讀和比較食物標籤
- 計劃可負擔及符合預算的飯餐

每一課，您將會:

- 學習烹調及享用健康的一餐
- 收到一袋免費新鮮農產品和一個新食譜帶回家嘗試

成功完成全部烹飪課程的人仕將會收到:

- 多個美味食譜，及如何選購健康、廉價食物的貼士
- 可循環再用的購物袋



SHARE OUR STRENGTH'S  
COOKING  
MATTERS  
NO KID HUNGRY

18 REASONS



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