



SIGN UP TODAY FOR FREE COOKING MATTERS DEMONSTRATION CLASSES!

Date: 10/16/2025 – 11/6/2025

(Every Thursday)

Time: 1:30pm to 3:30pm

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 1-888-500-1886.

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**

NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares. 如果您說中文,我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.



NORTH EAST MEDICAL SERVICES



「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!

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
- 閱讀和比較食物標簽
- 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

今天就來報名免費的 烹飪示範班!

日期:10/16/2025 - 11/6/2025

(逢週四)

時間: 下午1時半至下午3時半

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 1-888-500-1886。

請預備出席每個星期的課程。











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