



**NORTH EAST
MEDICAL SERVICES**
東北醫療中心
a california *health* center



COOKING MATTERS DEMONSTRATION

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

SIGN UP TODAY FOR FREE COOKING MATTERS DEMONSTRATION CLASSES!

Date: 10/1/2024 – 10/22/2024
(Every Tuesday)

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 (415)391-9686 ext. 5843.

Please plan to come to class every week.

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 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：10/1/2024 - 10/22/2024
(逢星期二)

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
(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



18 REASONS



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