



Now You're Cookin'!

A Nutrition/Cooking Class Series for BECEP
parents/grandparents raising children



Classes will be held at the Bismarck-Burleigh Public Library
Classroom B
Time: 9:30am-10:45am

January 17, 2024 – Now You're Cookin'! Shopping for Family Meals
(Register before Jan. 10)

February 21, 2024 – Healthy Eating on the Run/Healthy Spin on Prepackaged Favorites
(Register before Feb. 14)

March 13, 2024 – Healthy Meals in Less than 30 Minutes.
(Register before March 6)

April 10, 2024 – Now You're Cookin'! Breakfast
(Register before April 3)

Come join the fun, learn, and enjoy trying a sample of new recipes!

**REGISTER by calling 701-221-6865
or, <https://tinyurl.com/2023NowyoureCookin>
or the QR Code provided
no later than one week ahead of each class**



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Requests for accommodations related to disability, should be made to Shelly at time of registration.

